

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. For those with special mobility needs, there is a wheelchair and a walker available. 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. However, 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: October 28

The Holy Protection of the Theotokos

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians. Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.

Coffee Fellowship Sponsored in Memory of the late† James Sokaris

May his Memory be Eternal!

Seventh Sunday of Luke

October 28, 2018 – November 3, 2018

28 Sunday	9:30 am Divine Liturgy 11:30 am “OXI Day” Celebration
29 Monday	11:00 am Senior Exercise 6:30 pm Basketball
30 Tuesday	11:00 am Chair Yoga 12:30 pm Senior Program 4:00 pm Greek School
31 Wednesday	11:30 am Senior Exercise 12:30 pm Knitters 4:00 pm No Greek School (Halloween)
1 Thursday	9:30 am Liturgy–Sts. Cosmas and Damian 11:00 am Chi-Gong for Seniors 12:30 pm Seniors 4:00 pm Greek School

5:30 pm Adult Greek School

2 Friday 11:30 am Senior Exercise

3 Saturday 10:00 am Greek School

News & Events

- ▶ A strong “NO” from the Greek Government changed the course of WW II. In commemoration of “OXI Day”, our Greek School students will present a special program today following church services. Everyone is encouraged to attend and commemorate this historic event and also show support for our young students. Additional refreshments sponsored by AHEPA.
- ▶ Remembering loved ones! Graceland Cemetery is once again offering Christmas wreaths for graveside placement. Cemetery staff will do the placements. Order forms are available on the information table by the church office.
- ▶ Philoptochos is in need of a volunteer(s) to chair a light menu café for the annual “*A Day of Simple Giving*” to benefit Grassroots Givers. The event is from 10 a.m. to 1 p.m. on Saturday, November 17. See Catherine Halsdorf if you can help.
- ▶ Yummy! The Schenectady Philoptochos will be holding their annual “*Spaghetti and Meatballs Dinner and Auction*” next Sunday, November 4, following Divine Liturgy. Donation is \$8 for adults; \$5 for children under age 12.
- ▶ Great reviews from the first class. “**Chi-Gong**”, a new program for seniors, is being offered here on Thursdays. Through gentle movements, meditation, visualization, energy and breath work, the ancient practice of Chi-Gong can improve one’s physical health and emotional well-being including relief of aches and pains, improved healing, and potential relief for anxiety and depression. All physical abilities and limitations are welcome. The practice can be done seated or with a chair for support. The class will be held every Thursday from 11 a.m. to noon. It is sponsored by NNORC and free to parishioners and NNORC members.
- ▶ St. Basil’s Philoptochos will be selling freshly prepared baklava for Thanksgiving. See flyers on the information table for details. (Spanakopita is sold out).
- ▶ Sign up for the Philoptochos “*Community Christmas Card*” is now under way.
- ▶ A point of information. In addition to Religious Study on the third Tuesday of the month, there is now a Religious Education class for newcomers to Orthodoxy. This class will be held on the third Friday of the month. Everyone is welcome to attend either or both classes. See Father Pat for information.
- ▶ Due to the intensity of recent rainstorms, drainage and flooding has become an issue for many locations most recently including our courtyard. A committee will be formed to study the problem. See Stefan Kalogridis if you would like to join this committee.
- ▶ Next Sunday there will be a memorial for the late John Gallas and Helen Gallas and their late families.

Epistle Reading

Prokeimenon. Plagal First Mode. Psalm 11.7,1.

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Galatians 6:11-18.

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

7th Sunday of Luke

The reading is from Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

Resurrectional Apolytikion in the Plagal First Mode

Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

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 Second Mode

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.