

## 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: February 10**

### Hieromartyr Haralambos

This Saint was a priest of the Christians in Magnesia, the foremost city of Thessaly, in the diocese having the same name. He contested during the reign of Alexander Severus (222-235), when Lucian was Proconsul of Magnesia. At the time of his martyrdom the Saint was 103 years of age.

St. Haralambos is commemorated on February 10th, with the exception when this date falls on the Saturday of the Souls preceding Lent or on Clean Monday (the first day of Lent), in which case the feast is celebrated on February 9th.

40-Day Blessing for Liam  
Son of Kristina and Stelios Shkempi

### Sunday of the Canaanite February 10, 2019 – February 16, 2019

10 Sunday	9:30 am Divine Liturgy
11 Monday	11:00 am Senior Exercise 6:30 pm Basketball
12 Tuesday	11:00 am Chair Yoga 12:30 pm Senior Program 4:00 pm Greek School
13 Wednesday	11:00 am Senior Exercise 12:30 pm Knitters 4:00 pm Greek School
14 Thursday	12:15 pm Seniors 4:00 pm Greek School 5:30 pm Adult Greek School

15 Friday	11:30 am Senior Exercise 7:00 pm JOY 7:30 pm <i>Banda Magda</i> at Proctors
16 Saturday	10:00 am Greek School

### News & Events

- ▶ Welcome to AHEPA Supreme President George Loucas, AHEPA Executive Director Basil Mossaidis, AHEPA Canadian President Christos Argiriou, and Daughters of Penelope Grand President Demi Thomas who are joining us today.
- ▶ As a Greek-born composer, Magda Giannikou has expanded her work to write music fluently in a wide range of styles from around the world. As a composer, orchestrator, singer and accordionist, she is bringing her band “Banda Magda” to Proctors this Friday for an evening of great international music including samba, Greek folk tunes, Colombian cumbia and more. Tickets are \$25 and can be purchased online or directly at Proctors. To add to the evening’s festivities, there will be a “Winter Greek Buffet” prior to the show from 6-7:30 p.m. catered by Reel Seafood. It will be held in the Atrium at Proctors. (See the full menu on the flyer on the bulletin board or online). The cost for the supper is \$30 per person. Sign up for the supper online or call (518) 346-6204. (Note: Following the show, complimentary coffee and baklava will be offered for everyone courtesy of the “Passport Series” sponsors, the Golub Foundation).
- ▶ JOY will be having their February meeting and celebrating Valentine’s Day this Friday at 7 p.m. They will also be making a special project -- “Hospital Visitation Gift Bags.” Philoptochos volunteers take these gifts when visiting parishioners in local hospitals. The gift bags are packed with individual toiletries, writing pads and pens, a prayer card, and a note saying “*Donations from Philoptochos & friends. Packed with ‘hugs’ from our St. Sophia JOY youth group.*” These little gift bags packed by young children are a warm token of remembrance and greatly appreciated by our parishioners.
- ▶ Get it done today! Take care of your stewardship by filling out your 2019 commitment card for this year. Please note that the 2019 stewardship commitment cards are bright yellow this year and are located in the exonarthex of the church and on the information table by the office. And, if you are a new member or have a change of information, please fill out a “Family Profile Form”. Thank you.
- ▶ There is an opening for an Assistant to the Executive Director of Housing at the senior apartments. Duties include leasing and occupancy, facility and tenant management, responding to tenant emergencies and needs. Must have a minimum of a two-year college degree or two or more years in the housing industry. Send resumes to St. Sophia Apartments, 426 Whitehall Road, Albany 12208.
- ▶ Next Sunday there will be a 40-day memorial for the late Katina Sofologis.

## Epistle Reading

***Prokeimenon. Grave Mode. Psalm 63.11,1.***

*The righteous shall rejoice in the Lord.*

*Verse: Oh God, hear my cry.*

**The reading is from St. Paul's Second Letter to Timothy 2:1-10.**

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything.

Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

## Gospel Reading

**Sunday of the Canaanite**

**The reading is from Matthew 15:21-28**

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." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

## Resurrectional Apolytikion in the Fourth Mode

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

**Apolytikion for Hieromartyr Haralambos in the Fourth Mode**

An unshaken pillar of the Church of Christ God art thou, an ever-resplendent lamp, O Haralampus most wise, which shineth through the earth; in martyric contest thou hast shined on the whole world, and thou hast dispelled the moonless night of the idols. Now boldly intercede thou with Christ that we may all be saved.

**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.