

## 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: Forgiveness Sunday (Cheesefare Sunday)

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

40-Day Blessing for

James Joshua

Son of Effie and Joshua McBride

*Three-year Memorial for the late† Nicholas Caladim*

*Thirteen-year Memorial for the late† John Andrews*

*Twenty-seven-year Memorial for the late† John Caladim*

*Thirty-two-year Memorial for the late† Despina Caladim*

*Coffee Fellowship will be Sponsored in their Memory*

*May their Memory be Eternal!*

### Forgiveness Sunday

March 10, 2019 – March 16, 2019

10 Sunday 9:30 am Divine Liturgy

11:30 am **GOYA Cheesefare Lunch**

11 Monday 11:00 am Senior Exercise  
5:00 pm *Compline Services*

12 Tuesday 11:00 am Chair Yoga  
12:30 pm Senior Program  
4:00 pm Greek School  
6:30 pm Philoptochos

13 Wednesday 9:30 am Presanctified Liturgy  
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 1<sup>st</sup> Salutations

16 Saturday 9:00 am Divine Liturgy – *3rd Saturday of Souls*  
10:00 am Greek School  
11:30 am ***Philoptochos Lenten Lunch***

### News & Events

- ▶ Lent begins tomorrow so join with family and friends today for GOYA's annual Cheesefare Sunday Luncheon. Tickets are \$10 for adults; \$5 for children ages 6-17, and free for children age 5 and under. Tickets are still available.
- ▶ Philoptochos will be hosting their annual Lenten Lunch this Saturday following liturgy and the “*Third Saturday of Souls*.” The meal is “lenten”, but it's really good. There is no charge for the lunch but there will be a free-will offering to benefit Holy Cross College.
- ▶ Everyone is invited to a “Norwex” party at the Philoptochos meeting this Tuesday evening. These cleaning products are described as amazing. Also, 25% of the sales will benefit the kids at the Double H Ranch.
- ▶ Next Sunday there will be a General Assembly meeting. This is a time for parishioners to not only get updated on the current status of finances and activities, but to also voice their thoughts concerning the future direction of the church. Also on the agenda is discussion on the 100<sup>th</sup> Anniversary of St. Sophia. Plan to attend.
- ▶ The Daughters of Penelope are going “Easter Shopping” on April 13 to Titan's. If you would like to order tsoureki or baklava, see Dora Mokhiber. The tsoureki are \$7 a loaf; a twelve-pack of baklava is \$10. All orders must be paid in advance.
- ▶ Everybody loves a parade. And so, there will be a chartered bus going to NYC on Sunday, April 14 for the Annual Greek Independence Day Parade. Tickets are \$40. The trip is sponsored by AHEPA. See Jordan Moisesides for reservations.
- ▶ Next Sunday there will be a 40-day memorial for the late James Lascaris.

## Epistle Reading

***Prokeimenon. Mode Plagal 4. Psalm 75.11,1***

*Make your vows to the Lord our God and perform them.*

*Verse: God is known in Judah; his name is great in Israel.*

**The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

## Gospel Reading

**Forgiveness Sunday**

**The Gospel according to Matthew 6:14-21**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

## Resurrectional Apolytikion in the Plagal Fourth Mode

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

## Seasonal Kontakion in the Plagal Second Mode

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who has fallen."