

## 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: Sunday of St. Mary of Egypt

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

*40-day Memorial for the late†  
Angelina Brockmann  
Coffee Fellowship Sponsored in her Memory*

*One-year Memorial for the late†  
Spiros Lembesis  
Coffee Fellowship Sponsored in his Memory*

*Six-year Memorial for the late†  
Alexander Johnas  
Eight-year Memorial for the late†  
Tasoula Johnas  
Coffee Fellowship Sponsored in their Memory*

*May their Memory be Eternal!*

### Sunday of St. Mary of Egypt April 14, 2019 – April 20, 2019

14 Sunday 9:30 am Divine Liturgy  
15 Monday 11:00 am No Senior Exercise  
6:30 pm Basketball

16 Tuesday 11:00 am Chair Yoga  
12:30 pm Senior Program  
4:00 pm Greek School  
7:00 pm Religious Study  
17 Wednesday 9:30 am Presanctified Liturgy  
11:00 am Senior Exercise  
12:30 pm Knitters  
18 Thursday 11:00 am Chi Gong  
12:15 pm Seniors  
4:00 pm Greek School  
5:30 pm Adult Greek School  
19 Friday 11:30 am Senior Exercise  
6:00 pm **GOYA/JOY Retreat & Prosforo Night**  
20 Saturday 9:30 am Divine Liturgy–Saturday of Lazarus  
11:00 am Youth Brunch

### *“Making of the Palms”*

#### News & Events

- ▶ It’s next Sunday. Our Palm Sunday Lunch is the traditional start of Holy Week. You can get your tickets today. Adults are \$15; children ages 6-17, \$10; free for children under five.
- ▶ Seeking ads for our Festival Program book. Please take a journal contract (located on the information table) and look to see if you can get an ad from a business, dealership, restaurant, bakery, etc. Or, take out an ad from the family. Or, do one in memory of a loved one. Call the office for information. Note: We do have a graphic artist who can do the ad layout. In addition to festival information, the book has recipes, fun articles, and of course, ads which is part of our festival fundraising efforts.
- ▶ This Friday GOYA and JOY will be making prosforo with Father Pat followed by supper, and then they will have their annual overnight retreat. (Note: JOY youth must have a parent if they are spending the night). On Saturday, there is Divine Liturgy followed by a youth breakfast and then the “*Making of the Palms.*”
- ▶ Keep Wednesday, May 29 open for a special screening of “*Cliffs of Freedom*” at the Colonie Center Regal Cinema. The movie deals with the story of a young Greek girl and a Turkish Colonel at the dawn of the Greek War for Independence. Reserve tickets by May 17 at [gathr.us/s/28840](http://gathr.us/s/28840) or call the church office.
- ▶ You can purchase Festival admission tickets today. The regular price is \$3, but the presale price for parishioners is \$5 for a pack of five. No presale tickets will be sold on Palm Sunday or Easter Sunday.

## 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 Hebrews 9:11-14.**

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

## Gospel Reading

**Sunday of St. Mary of Egypt**

**The reading is from Mark 10:32-45**

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

## 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 for Sun. of St. Mary of Egypt in the Plagal Fourth Mode

In thee the image was preserved with exactness, O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.

## 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.

Ευλογητός ει, Χριστέ ο Θεός ημών, ο πανσόφους τους αλιείς αναδείξας, καταπέμψας αυτοίς το Πνεύμα το Άγιον, και δι' αυτών την οικουμένην σαγηνεύσας. Φιλάνθρωπε, δόξα σοι.

## 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.