

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. John Climacus

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

40-Day Blessing for Alexandra Gabrielle Daughter of Leigh and David Brockmann

*One-year Memorial for the late†
Arthur Anton
Coffee Fellowship Sponsored in his Memory*

*Three-year Memorial for the late†
Panagiotis Hrimatopoulos
Coffee Fellowship Sponsored in his Memory*

May their Memory be Eternal!

Sunday of St. John Climacus April 7, 2019 – April 13, 2019

7 Sunday 9:30 am Divine Liturgy
8 Monday 11:00 am Senior Exercise
6:30 pm Festival Meeting

6:30 pm Basketball
9 Tuesday 11:00 am Chair Yoga
12:30 pm Senior Program
4:00 pm Greek School
7:00 pm Philoptochos
10 Wednesday 9:30 am Presanctified Liturgy
11:00 am Senior Exercise
12:00 pm Healthy Aging Fair
12:30 pm Knitters
11 Thursday 11:00 am Chi Gong
12:15 pm Seniors
4:00 pm Greek School
5:30 pm Adult Greek School
12 Friday 11:30 am Senior Exercise
7:00 pm Akathist Hymn
13 Saturday 10:00 am Greek School

News & Events

- ▶ Free and open to all seniors. The City of Albany Recreation Department will be hosting a “Healthy Aging Fair” this Wednesday at noon.
- ▶ The 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.
- ▶ The Daughters will be traveling to Astoria this Saturday, April 13. If you can’t make the trip, you can still place an order for tsoureki or baklava. The tsoureki are \$7 a loaf; a twelve-pack of baklava is \$10. See Dora Mokhiber.
- ▶ Seeking ads for our Festival Program book. In addition to festival information, the book has recipes, fun articles, and of course, ads which is part of our festival fundraising efforts. Please take a journal contract (located on the information table) and look to see if you can get an ad from a business--insurance company, car 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.
- ▶ AHEPA is sponsoring a chartered bus to NYC on Sunday, April 14 for the Annual Greek Independence Day Parade. Adult tickets are \$40; children age fourteen and under, \$20. Greek School students, Sons, and Maids will travel for free. See Jordan Moisides for reservations.
- ▶ On the Friday before Palm Sunday, JOY will be having their annual retreat. They will bake prosforo with Father Pat, sleep over, and make palms on Saturday.
- ▶ Next Sunday there will be a 40-day memorial for the late Angelina Brockmann, a one-year memorial for the late Spiros Lembesis, a six-year memorial for the late Alexander Johnas, and an eight-year memorial for the late Tasoula Johnas.

Epistle Reading

Prokeimenon. Fourth Mode. Psalm 103.24,1.

O Lord, how manifold are your works. You have made all things in wisdom.

Verse: Bless the Lord, O my soul.

The reading is from St. Paul's Letter to the Hebrews 6:13-20.

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Gospel Reading

Sunday of St. John Climacus

The reading is from Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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 of Sun. of St. John Climacus in the Plagal of the Fourth Tone

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminary, shining with miracles upon the world, O John our righteous Father. Intercede with Christ God that our souls 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.

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 Plagal Fourth Mode

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"