

## 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: The Nativity of our Most Holy Lady–The Theotokos and Ever-Virgin Mary

According to the ancient tradition of the Church, the Theotokos was born of barren and aged parents, Joachim and Anna, about the year 16 or 17 before the birth of Christ. Joachim was descended from the royal line of David, of the tribe of Judah. Anna was of the priestly tribe of Levi, a daughter of the priest Matthan and Mary, his wife.

*One-year memorial for the late†*

*John Deffigos*

*Coffee Fellowship Sponsored in his Memory*

*May his Memory be Eternal!*

### Nativity of the Theotokos

**September 8, 2019 – September 14, 2019**

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| 8 Sunday     | 9:30 am Divine Liturgy<br>12:00 pm Greek School Registration and Open House   |
| 9 Monday     | 11:00 am Senior Exercise<br>7:00 pm AHEPA   |
| 10 Tuesday   | 11:00 am Senior Chair Yoga<br>12:30 pm Senior Chair Yoga<br>12:30 pm Seniors' Program<br>4:00 pm Greek School<br>6:00 pm Philoptochos: Agiasmos/Pot Luck Supper/Meeting |
| 11 Wednesday | 11:00 am Senior Exercise<br>12:30 pm Knitters<br>4:00 pm Greek School   |
| 12 Thursday  | 12:15 pm Seniors<br>4:00 pm Greek School  |

13 Friday 11:30 am Senior Exercise

14 Saturday 9:30 am Divine Liturgy–Feast of the Holy Cross

### News & Events

- ▶ Learning a second language has many hidden benefits. It helps the language centres in the brain grow. It improves listening skills. It builds stronger working memories. It helps the ability to multi task. And it improves the ability to pay attention. If these attributes are important to you for your child's growth, then please note that our Greek Language Program is under way starting this week. This is an excellent program that also gives our children the opportunity to learn and appreciate their Greek heritage as well as the language. Today there will be an Open House. Registration can be done today or at any of the classes. Packet of the school calendar and scheduled classes are available on the information table.
- ▶ Apparently it has become difficult to fit God and church into our weekly lives. Church attendance and Sunday School attendance has been declining, not just here but across the country. Here's the big question. Is church and religious education important to us? Are spiritual and moral guidance an important part of our human development and humanity in the world around us? The answer? Read the news. Watch the news. Then decide whether there is a need for God and religion in our lives and the lives of our children. Sunday School classes begin next week.
- ▶ Last day to enjoy the Greek Festival at St. George's Church in Schenectady!
- ▶ Due to retirement, there is still an opening for a Greek School teacher for the adult program. Interested persons should see Father Pat for further information.
- ▶ Father Pat is also in need of two instructors for the Sunday School program. Although traditionally women have responded to this task, men are also most welcome to volunteer. It can be a positive experience for our youth to interact with male teachers as well as women. (P.S. Don't forget. Jesus was a teacher).
- ▶ News regarding a “changing of the guard”. Michel Legato has volunteered to take on the position as the new editor of our monthly Testament. You may contact her at: [albanystsophia.goc@gmail.com](mailto:albanystsophia.goc@gmail.com). Our sincere and deepest thanks to Helen Sokaris for her many years of dedicated work. Efharisto, Helen.
- ▶ Human trafficking. Not just in the big cities, but also here. Ask Sheriff Craig Apple. He knows it's a serious issue in our area. Our Tri-city Philoptochos, as part of the National Philoptochos awareness project, is presenting a program here on Saturday, September 21 on human trafficking. There will be representatives from Safe Harbour, a shelter for victims, as well as a lawyer who works with victims, an investigator from the Sheriff's department, and a harrowing story from a human trafficking survivor. Our moderator will be Elaine Houston from Channel 13. The program begins at 9 a.m. and is free and open to the public
- ▶ Next Sunday there will be a 40-day memorial for the late Mary Markopoulos and a memorial for late members of Philoptochos.

## **Epistle Reading**

***Prokeimenon. Plagal Second Mode. Psalm 27.9,1.***

*O Lord, save your people and bless your inheritance.*

*Verse: To you, O Lord, I have cried, O my God.*

**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**

**Sunday before Holy Cross**

**The reading is from John 3:13-17**

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

## **Resurrectional Apolytikion in the Third Mode**

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

## **Apolytikion for Nativity of the Theotokos in the Fourth Mode**

Thy Nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse and bestowing the blessing, abolishing death and granting us life everlasting.

## **Seasonal Kontakion in the Fourth Mode**

In your holy birth, Immaculate One, Joachim and Anna were rid of the shame of childlessness; Adam and Eve of the corruption of death. And so your people, free of the guilt of their sins, celebrate crying: "The barren one gives birth to the Theotokos, who nourishes our life."