



Saint Sophia Greek Orthodox Church

February-March 2018

www.saintsophias.org

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510 East Sunset Drive Bellingham, Washington 98225

Great Lent and the Lenten Prayer of St. Ephrem the Syrian

By Protopresbyter Alexander Schmemmann

Of all Lenten hymns and prayers, one short prayer can be termed the Lenten prayer.

Tradition ascribes it to one of the great teachers of spiritual life - St. Ephrem the Syrian. Here is its text:

O Lord and Master of my life! Take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King! Grant me to see my own errors and not to judge my brother; For Thou art blessed unto ages of ages. Amen

This prayer is read twice at the end of each Lenten service Monday through Friday (not on Saturdays and Sundays for the services of these days do not follow the Lenten pattern). At the first reading, a prostration follows each petition. Then we all bow twelve times saying: "O God, cleanse me a sinner." The entire prayer is repeated with one final prostration at the end.

Why does this short and simple prayer occupy such an important position in the entire Lenten worship? Because it enumerates in a unique way all the "negative" and "positive" elements of repentance and constitutes, so to speak, a "check list" for our individual Lenten effort.

This effort is aimed first at our liberation from some fundamental spiritual diseases which shape our life and make it virtually impossible for us even to start turning ourselves to God.

The basic disease is *sloth*. It is that strange laziness and passivity of our entire being which always pushes us "down" rather than "up" - which constantly convinces us that no change is possible and therefore desirable. It is in fact a deeply rooted cynicism which to every spiritual challenge responds "what for?" and makes our life one tremendous spiritual waste. It is the root of all sin because it poisons the spiritual energy at its very source.

The result of sloth is *faint-heartedness*. It is the state of despondency which all spiritual Fathers considered the greatest danger for the soul. Despondency is the impossibility for man to see anything good or positive; it is the reduction of everything to negativism and pessimism. It is truly a demonic power in us because the Devil is fundamentally a liar. He lies to man about God and about the world; he fills life with darkness and negation. Despondency is the suicide of the soul because when man is possessed by it he is absolutely unable to see the light and to desire it.

Lust of power! Strange as it may seem, it is precisely sloth and despondency that fill our life with lust of power. By vitiating the entire attitude toward life and making it meaningless and empty, they force us to seek compensation in, a radically wrong attitude toward other persons. If my life is not oriented toward God, not aimed at eternal values, it will inevitably become selfish and self-centered and this means that all other beings will become means of my own self-satisfaction. If God is not the Lord and Master of my life, then I become my own lord and master - the absolute center of my own world, and I begin to evaluate everything in terms of my needs, my ideas, my desires, and my judgments. The lust of power is thus a fundamental depravity in my relationship to other beings, a search for their subordination to me. It is not necessarily expressed in the actual urge to command and to dominate "others." It may result as well in indifference, contempt, lack of interest, consideration, and respect. It is indeed sloth and despondency directed this time at others; it completes spiritual suicide with spiritual murder.

Finally, *idle talk*. Of all created beings, man alone has been endowed with the gift of speech. All Fathers see in it the very "seal" of the Divine Image in man because God Himself is revealed as Word (John, 1:1). But being the supreme gift, it is by the same token the supreme danger. Being the very expression of man, the means of his self-fulfillment, it is for this very reason the means of his fall and self-destruction, of betrayal and sin. The word saves and the word kills; the word inspires and the word poisons. The word is the means of Truth and it is the means of demonic Lie. Having an ultimate positive power, it has therefore a tremendous negative power. It truly creates positively or negatively. When deviated from its divine origin and purpose, the word becomes idle. It "enforces" sloth, despondency, and lust of power, and transforms life into hell. It becomes the very power of sin.

These four are thus the negative "objects" of repentance. They are the obstacles to be removed. But God alone can remove them. Hence, the first part of the Lenten prayer; this cry from the bottom of human helplessness.

Then the prayer moves to the positive aims of repentance which also are four.

Chastity! If one does not reduce this term, as is so often and erroneously done, only to its sexual connotations, it is understood as the positive counterpart of sloth. The exact and full translation of the Greek *sofrosini* and the Russian *tselomudryie* ought to be *whole-mindedness*. Sloth is, first of all, dissipation, the brokenness of our vision and energy, the inability to see the whole. Its opposite then is precisely wholeness. If we usually mean by chastity the virtue opposed to sexual depravity, it is because the broken character of our existence is nowhere better manifested





GREAT LENT:

*Seeking Deeper Relationship with God
as We Prepare for the Feast of Feasts*

than in sexual lust - the alienation of the body from the life and control of the spirit. Christ restores wholeness in us and He does so by restoring in us the true scale of values by leading us back to God.

The first and wonderful fruit of this wholeness or chastity is *humility*. We already spoke of it. It is above everything else the victory of truth in us, the elimination of all lies in which we usually live. *Humility* alone is capable of truth, of seeing and accepting things as they are and therefore of seeing God's majesty and goodness and love in everything. This is why we are told that God gives grace to the humble and resists the proud.

Chastity and humility are naturally followed by *patience*. The "natural" or "fallen" man is impatient, for being blind to himself he is quick to judge and to condemn others. Having but a broken, incomplete, and distorted knowledge of everything, he measures all things by his tastes and his ideas. Being indifferent to everyone except himself, he wants life to be successful right here and now. Patience, however, is truly a divine virtue. God is patient not because He is "indulgent," but because He sees the depth of all that exists, because the inner reality of things, which in our blindness we do not see, is open to Him. The closer we come to God, the more patient we grow and the more we reflect that infinite respect for all beings which is the proper quality of God.

Finally, the crown and fruit of all virtues, of all growth and effort, is *love* - that love which, as we have already said, can be given by God alone-the gift which is the goal of all spiritual preparation and practice.

All this is summarized and brought together in the concluding petition of the Lenten prayer in which we ask "*to see my own errors and not to judge my brother.*" For ultimately there is but one danger: *pride*. Pride is the source of evil, and all evil is pride. Yet it is not enough for me to see my own errors, for even this apparent virtue can be turned into pride. Spiritual writings are full of warnings against the subtle forms of pseudo-piety which, in reality, under the cover of humility and self-accusation can lead to a truly demonic pride.

But when we "see our own errors" and "do not judge our brothers," when, in other terms, chastity, humility, patience, and love are but one in us, then and only then the ultimate enemy 'pride' will be destroyed in us.

After each petition of the prayer we make a prostration.

Prostrations are not limited to the Prayer of St. Ephrem but constitute one of the distinctive characteristics of the entire Lenten worship. Here, however, their meaning is disclosed best of all. In the long and difficult effort of spiritual recovery, the Church does not separate the soul from the body. The whole man has fallen away from God; the whole man is to be restored, the whole man is to return. The catastrophe of sin lies precisely in the victory of the flesh- the animal, the irrational, the lust in us - over the spiritual and the divine. But the body is glorious; the body is holy, so holy that God Himself "became flesh." Salvation and repentance then are not contempt for the body or neglect of it, but restoration of the body to its real function as the expression and the life of spirit, as the temple of the priceless human soul. Christian asceticism is a fight, not against but for the body. For this reason, the whole man - soul and body - repents. The body participates in the prayer of the soul just as the soul prays through and in the body. Prostrations, the "psycho-somatic" sign of repentance and humility, of adoration and obedience, are thus the Lenten rite par excellence.

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St John Chrysostom on Fasting

"Enter the Church and wash away our sins. For here there is a hospital and not a court of law. Do not be ashamed to enter the Church; be ashamed when you sin, but not when you repent."

"Do you fast? Give me proof of it by your works:

- *If you see a poor man, take pity on him.*
- *If you see a friend being honored, do not envy him.*
- *Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies.*
- *Let the hands fast, by being free of avarice.*
- *Let the feet fast, by ceasing to run after sin.*
- *Let the eyes fast, by disciplining them not to glare at that which is sinful.*
- *Let the ear fast, by not listening to evil talk and gossip.*
- *Let the mouth fast from foul words and unjust criticism.*
- *For what good is it if we abstain from birds and fishes, but bite and devour our brothers?*

May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us."

SERVICES TO BE CELEBRATED AT ST. SOPHIA DURING GREAT LENT

Monday Evenings: Great Compline 7:00 pm

Wednesday Evenings: 9th Hour, 5:30; Pre-Sanctified Liturgy, 6:00 pm

Friday Mornings: 9th Hour, 9:00 am; 9:30 am Presanctified Liturgy

Friday Evenings: Salutations Service, 7:00 pm

Saturday Evenings: Great Vespers, 6:00 pm



HOLY SEASON OF LENT

Journey to Pascha 2018 - Service Checklist

I have scheduled my Confession: Date: _____ Time: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Forgiveness Sunday ___ Liturgy ___ Forgiveness Vespers	CLEAN MONDAY ___ Great Compline	CLEAN TUESDAY ___ Great Compline	CLEAN WEDNESDAY ___ Presanctified Liturgy	CLEAN THURSDAY ___ Great Compline	CLEAN FRIDAY ___ Presanctified Liturgy ___ Salutations 1	Saturday of the Miracle of the Kolyva ___ Liturgy ___ Great Vespers
I. Sunday of Orthodoxy ___ Liturgy & Procession of the Icons ___ Pan-Orthodox Vespers	___ Great Compline		___ Presanctified Liturgy		___ Presanctified Liturgy ___ Salutations 2	___ Great Vespers
II. Sunday of St. Gregory Palamas ___ Liturgy	___ Great Compline		___ Presanctified Liturgy		___ Presanctified Liturgy ___ Salutations 3	___ Great Vespers
III. Sunday of the Holy Cross ___ Liturgy	___ Great Compline		___ Presanctified Liturgy		___ Presanctified Liturgy ___ Salutations 4	___ Great Vespers
IV. Sunday of St. John of the Ladder ___ Liturgy	___ Great Compline		___ Presanctified Liturgy		___ Presanctified Liturgy ___ Akathist Hymn	___ Great Vespers
V. Annunciation ___ Liturgy	___ Great Compline		___ Presanctified Liturgy		___ Presanctified Liturgy	Lazarus Saturday ___ Liturgy ___ Great Vespers
GREAT AND HOLY WEEK						
PALM SUNDAY ___ Liturgy ___ Bridegroom Service	HOLY MONDAY ___ Presanctified Liturgy ___ Bridegroom Service	HOLY TUESDAY ___ Presanctified Liturgy ___ Bridegroom Service	HOLY WEDNESDAY ___ Presanctified Liturgy ___ Bridegroom Service ___ Holy Unction	HOLY THURSDAY ___ Vesperal Liturgy ___ 12 Gospels	HOLY FRIDAY ___ Royal Hours ___ Un-Nailing Vespers ___ Lamentations	HOLY SATURDAY ___ Vesperal Liturgy ___ Pascha Vigil ___ Liturgy
GREAT AND HOLY PASCHA ___ Agape Vespers	BRIGHT MONDAY	BRIGHT TUESDAY	BRIGHT WEDNESDAY	BRIGHT THURSDAY	BRIGHT FRIDAY Life Giving Spring ___ Liturgy	BRIGHT SATURDAY



The St. Sophia has MOVED up into the Fellowship Hall

ST. SOPHIA BOOKSTORE NEWS

BOOKS:

1. Daily Lenten Meditations for Orthodox Christians
2. Food, Faith and Fasting(journey to better health)
3. Great Lent; Journey to Pascha
4. Gateway of Life(Orthodox thinking on the mother of God)
5. SERVICES OF HOLY WEEK AND EASTER

CHILDREN'S BOOK

Orthodox coloring books ; two books, one the BOOK OF GREAT LENT and the second, MY BOOK OF HOLY WEEK. (includes posters and stickers)

BAKING FOR PASCHA

spices: Matlab(\$5.00)

mastic (\$15.00)

WE HAVE INCENSE, FLOATING WICKS, BEAUTIFUL CARDS (for memorial, too)
Jewelry made in Greece, including our special Easter egg pendant. Notecards (25 to a package)

CD'S

- 1)"THE DIVINE LITURGY" ;
- 2) PRAYERS FOR ORTHODOX CHRISTIANS

ICONS

We have a very good collection of icons; we also special order. If you want your purchased icons blessed, +Father Michael will put them in the church for the required 40 days.

COFFEE

LOUMIDES COFFEE(16 oz)

NESTLE FRAPE" (7.08 oz can)

WE, IN YOUR PARISH BOOKSTORE, WISH FOR YOU A GREAT LENT AND A MOST BLESSED HOLY WEEK AND PASCHA.

If you have questions or suggestions, please contact Hariiekliia at kliia1@mac.com or 360-483-8200.

THE PARISH BOOKSTORE IS LOOKING FOR A DONATION OF TWO TALL BOOKCASES; WE ARE WILLING TO PICK THEM UP. THANK YOU.



WOMEN'S LENTEN RETREAT

The Ladies Philoptochos of Saint Demetrios is pleased to sponsor a one-day Lenten retreat open to women from all our sister parishes in the Pacific Northwest.

Forgiveness: Transforming Wounds into Wisdom

Saturday, March 3, 2018 8:30 a.m. to 3:00 p.m.

St. Demetrios Community Center

Forgiveness is a fundamental skill of our spiritual practice. We are instructed by Christ to forgive 70 times 7. We pray for forgiveness "as we forgive the trespasses of others." However, many of us have been hurt and continue to feel burdened by the pain of that offense. Many of us wish to be released from our resentment towards someone who has deeply hurt us. But how? How can we turn our negativity into compassion? How do we know when we have truly forgiven? Do we forgive ourselves? In this full-day retreat and workshop (with lunch provided), we will explore the meaning of forgiveness, what it is and what it is not. During breakout sessions, we will work through a process that will help us shift our view of ourselves, the offense, and the offender, in a helpful and health-full manner.

\$10.00 Donation *For reservations, please contact Pam Plumis at pplumis@comcast.net or (206) 349-8341 by February 28.*

St. Sophia Easter Potluck

Sunday, April 8th 1:00 pm

St. Sophia McIntyre Fellowship Hall

You and your family are invited to join the St. Sophia Community to celebrate the Great Feast of Pascha with an potluck meal in our parish hall. Lamb and potatoes will be coked by the parish council. Please bring other dishes to share. If you are planning to attend, please either put your family name with number of adults and children in your party on the sign-up sheet in the church hall. You can also rsvp by contacting the church office (360-734-8745) or by emailing the church office at stosphia.bellingham@gmail.com. Please rsvp so the parish council can know how much food to order. There will be a charge at the door, to help offset the cost of the food costs.

**THANK YOU to those who have returned their
2018 Parish Membership Card...**

Fr. Michael & Presvytera	Reader Dionysios Ingraham
Elizabeth Tervo	Victor & Dorine Boulos
Christos Christoforou &	Gabriella Boulos
Kim Weil	Marcella Boulos
Brooksana Raney	Adrianna Boulos
Alex & Natasha Detsikas	Bassam Victor Boulos
Helen Griffin	Nahla Gholam
Jamie & Gabriel Twining	Cynthia Chahine
Kallee & Justin Dalton	Sophia Chahine
Loree Foote	Alex & Hortance Youssef
Tim & Voula Parks	Bassam & Yanolla Boulos
Emmanouel & Marina	Anastasia Boulos
Polichronakis	Bassam Najib Boulos
Thelma Stasinis	Wafa Gholam
The Damianos Family	Elizabeth Morgan
Adrienne Hunter	Andrey Khomutov
Dymond Nikon	Georgia Sentkowski
Paul & Anna Richardson	John Sykes & Roseann
John & Francine Tsoulouhas	Renouf
Curt & Salome Wolters	George & Judy Moularas
Chris & Eleni Pantoleon	
Niki Welton	<i>as of Feb. 14th</i>
Prokopis & Rina	
Contoravdis	
Reader John F. Harriman	
Dino & Eleni Monioudis	
Marie Boulos	



Thank you...

...to St. Sophia parishioners for donating your gently-used coats and other winter clothing. The Hope House, who distributes clothes and household items for free, was delighted to receive them. We also donated a pile of new winter socks to be distributed to homeless people in our community through an outreach program operated by the Interfaith Coalition. Your warm hearts warmed those in need!



The Choir will meet to practice:

- Sunday, February 25th after the Liturgy and
- Thursday, March 8th, 7:00 pm

Donations Request

\$75 for case olive oil for church candles (approx. 6 month supply); \$35 for case of censer charcoal; \$100 for incense; \$25 for oil candle cups for hanging candles (5 cups desired); \$55 for palms for Palm Sunday; \$TBD: Byzantine-style area rugs or appropriate Persian rugs for altar and solea; \$300 for case of vigil candles for Holy Friday and Saturday; lamb for Easter picnic- please ask Georgia Sentkowski.

If you have any questions, or to make a donation, please contact Fr. Michael. Thank you!

Learn to Make **LOUKOUMATHES!**

Saturday, February 24th 1:00 pm
in the Fellowship Hall.

St. Sophia's 2018 Parish Council

Fr. Michael Tervo, Priest
 President of the parish Council: Bryant Mattson
 Vice President: Elizabeth Morgan
 Treasurer: Gabriella Boulos
 Secretary: Brooksana Raney
 At Large Members: Christos Christoforou, Nadia Boulos, Dino Monioudis



Coffee Hour Ministry

Feb. 25* Hariiekla Bryant, Evelyn Lallas, Tula Trames -First Sunday of Great Lent

Mar. 4* Jane Costello, Amber Owen

Mar. 11* Dorine Boulos, Marie Boulos

Mar. 18* Francine Tsoulouhas, Kathy Tsoulouhas

Mar. 25 Effie Bachelor, Elizabeth Morgan, Salome Wolters

(Annunciation- fish permitted)

*Lenten dishes only, please (no meat, dairy)

Prosphoro Baking Ministry

Feb. 25 Adrienne Hunter (5)

Mar. 4 Tasia Tsoulouhas (5)

Mar. 11 Dionysios Ingraham (5)

Mar. 18 Kim Weil (5)

Mar. 25 Tamara Mattson (5)

April. 1 Brooksana Raney (4) &

Tammy Stavropoulos (4)

(Palm Sunday)



CONFESSIONS During Great Lent

The Sacrament of Confession is available to all Orthodox Christians at St. Sophia. During Great Lent, confessions will be heard Monday evenings at 6:00 pm and Saturday evenings at 5:00

pm, and by appointment. To set up an appointment, please call the church office. If you have any question about the Sacrament of Confession, how to prepare for it, or you would like to schedule for another time, please call Fr. Michael. *Please note that Confessions will not be heard during Holy Week, that is, after the Saturday of Lazarus.*



Join us at the Sunday of Orthodoxy Pan-Orthodox Vespers

St. Andrew Orthodox Church, 230
E Burke Ave Arlington WA 98223

**Sunday, February 25th
5:00 pm.**

Parishioners from St. Sophia, St. Innocent (Everson), Abbotsford, Surrey, Arlington and Snohomish will come to celebrate the the victory of the Orthodox & restoration of the veneration of the holy icons.

Be sure to bring an icon from your home for the procession!

Holy Week Services

to be Celebrated at

St. Sophia Greek Orthodox Church

Bellingham, Washington

April 1st to 8th, 2018

Sat. March 31st Saturday of Lazarus

8:45 am Orthros; 9:30 Divine Liturgy

10:30 am Palm cross tying, church decoration

6:00 pm Great Vespers for Palm Sunday

Sun. April 1st PALM SUNDAY

10:00 am Divine Liturgy

Fish luncheon sponsored by the Parish Council

7:00 pm First Bridegroom Service

Mon. April 2nd Holy Monday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

7:00 pm Second Bridegroom Service

Tue. April 3rd Holy Tuesday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

7:00 pm Third Bridegroom Service

Wed. April 4th Holy Wednesday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

4:00 pm 4th Bridegroom Service

7:00 pm Sacrament of Holy Unction & Anointing

Thu. April 5th Holy Thursday

9:30 am Vesperal Liturgy of St. Basil the Great (Last Supper)

Easter egg dyeing after Liturgy

7:00 pm Matins of the Holy Passion of our Lord (with 12 Gospels)

Fri. April 6th Holy Friday

9:30 am Royal Hours

10:30 am Decoration of the Epitaphios

3:00 pm Great Vespers of the Descent from the Cross

7:00 pm Orthros with the Lamentations

Sat. April 7th Holy Saturday

9:30 am Vesperal Liturgy (1st Resurrection)

11:00 pm Pre-Paschal Canon

12:00 am Resurrection Service & Orthros, followed by Divine Liturgy

After Liturgy- Pascha Potluck Celebration!

Sun. April 8th GREAT AND HOLY PASCHA

11:00 am Agape Vespers at Church

1:00 pm Community Potluck in Parish Hall

Fri. April 13th Bright Friday - Theotokos the Life-Giving Spring

9:00 am Orthros

9:30 am Divine Liturgy

Liturgical & Events Calendar

St. Sophia Greek Orthodox Church
Bellingham, Washington

FEBRUARY 2018

sun

mon

tue

wed

thu

fri

sat

1 2 3

**PRESENTATION OF
OUR LORD -
YPAPANTI**
8:45 am Orthros
9:30 am Liturgy

6:00 Great Vespers

4 5 6 7 8 9 10

**Sunday of the
Prodigal Son**
8:45 am Orthros
10 am Liturgy
11:15 Sunday
School
11:30 Coffee
Fellowship
Afternoon:

**St. Photios the
Great**
8:45 am Orthros
9:30 am Liturgy

Doxacon in Seattle
Fr. Michael in
Pascho, WA

6:00 Readers
Vespers

6 pm Vespers

11 12 13 14 15 16

Meatfare Sunday
8:45 am Orthros
10 am Divine
Liturgy & Fr.
**Pentikis 1 Year
Memorial**
11:15 Sunday
School
11:30 Coffee
Fellowship

Washington
Orthodox Clergy
Association in
Arlington

Cheesefare Saturday
8:45 am Orthros
9:30 Liturgy and
Trisagion followed by
Potluck
11 am Trisagion at
Bayview Cemetery
4pm Youth Retreat
6:00 Great Vespers

6 pm Vespers

19 20 21 22 23 24

**Forgiveness Sunday+
Cheesefare**
8:45 am Orthros
10 am Divine Liturgy
11:15 Sunday
School
11:30 Coffee
Fellowship
12 noon
**Forgiveness
Vespers**

**CLEAN MONDAY
GREAT LENT
BEGINS**

7 pm Great Compline
- Canon of St.
Andrew of Crete

7 pm Great Compline
- Canon of St.
Andrew of Crete

5:30 9th Hour
6:00 Presanctified
Liturgy

7 pm Great Compline
- Canon of St.
Andrew of Crete

9:00 9th Hour
9:30 am
Presanctified Liturgy

7:00 pm Salutations

1st Sat. of Lent
Miracle of the Kolyva
8:45 am Orthros
9:30 Liturgy and
Trisagion followed by
Potluck
**4pm YOUTH LOCK-
IN OVERNIGHT**
6:00 Great Vespers

25 26 27 28

Sunday of Orthodoxy
8:45 am Orthros
10 am Divine Liturgy
11:15 Sunday
School
11:30 Coffee
Fellowship
5:00 pm **Pan-
Orthodox Vespers**
@ St Andrew,
Arlington

7:00 pm Great
Compline

5:30 9th Hour
6:00 Presanctified
Liturgy

Liturgical & Events Calendar

St. Sophia Greek Orthodox Church
Bellingham, Washington

MARCH 2018

sun

mon

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wed

thu

fri

sat

1 2 3

9:00 9th Hour
9:30 am
Presanctified Liturgy

7:00 pm Salutations Service 6:00 Great Vespers

St. Gregory Palamas 4

8:45 am Orthros
10 am Divine Liturgy
11:15 Sunday School
11:30 Coffee Fellowship

7:00 pm Great Compline

5:30 9th Hour
6:00 Presanctified Liturgy

9:00 9th Hour
9:30 am
Presanctified Liturgy

6:00 Great Vespers

7:00 pm Salutations Service

Sunday of the Holy Cross Mid-Lent 11

8:45 am Orthros
10 am Divine Liturgy
11:15 Sunday School
11:30 Coffee Fellowship

7:00 pm Great Compline

5:30 9th Hour
6:00 Presanctified Liturgy

9:00 9th Hour
9:30 am
Presanctified Liturgy

6:00 Great Vespers

7:00 pm Salutations Service

St. John Climacus 18

8:45 am Orthros
10 am Divine Liturgy
11:15 Sunday School
11:30 Coffee Fellowship

7:00 pm Great Compline

5:30 9th Hour
6:00 Presanctified Liturgy

9:00 9th Hour
9:30 am
Presanctified Liturgy

6:00 pm **Great Vespers for the Annunciation**

7:00 pm Akathist Hymn

Annuciaton Greek Independence Day 25

8:45 am Orthros
10 am Divine Liturgy & Great Doxology for Greek Independence Day
11:15 Sunday School
11:30 Coffee Fellowship

7:00 pm Great Compline

5:30 9th Hour
6:00 Presanctified Liturgy

9:00 9th Hour
9:30 am
Presanctified Liturgy

SATURDAY OF LAZARUS 31

8:45 am Orthros
9:30 am Liturgy
10:30 Palm Cross Tying & Church Decoration

6:00 Great Vespers



FIRST ANNUAL

SPRING BAZAAR

ST. SOPHIA GREEK ORTHODOX CHURCH

FRIDAY & SATURDAY, MAY 11TH & 12TH, 9AM—4PM

ST. SOPHIA GREEK ORTHODOX CHURCH

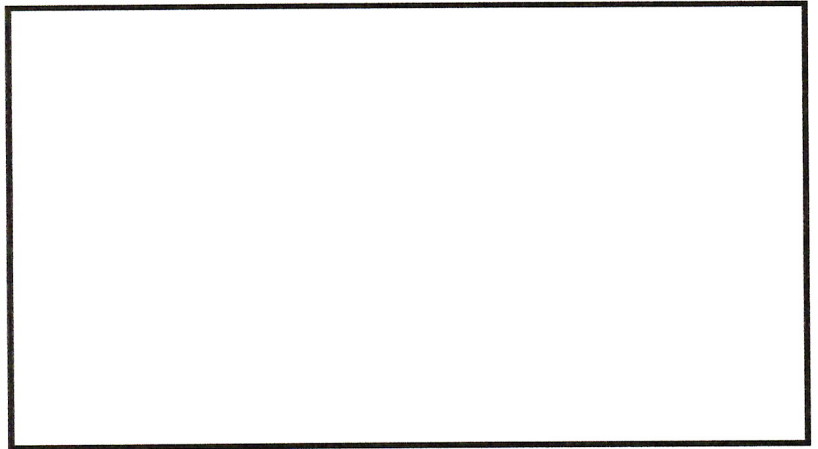
510 E. SUNSET DRIVE, BELLINGHAM

You are INVITED to the St. Sophia Spring Bazaar! Shop for unique items, including Mother's Day gifts, and enjoy the loukoumades (Greek donuts) and Greek coffee for sale. Our church campus is welcoming to all!

FOR MORE INFORMATION AND PAYMENTS CONTACT: JANE AT
SAINTSOPHIA.PHILOPTOCHOS@GMAIL.COM OR 360-739-3463.

St. Sophia Greek Orthodox Church

510 E. Sunset Dr. Bellingham, WA 98225



PHILOPTOCHOS/FRIENDS OF THE POOR NEWS ST. SOPHIA CHAPTER #4032

Please join Philoptochos...Help us Serve in the Name of the Lord!

We are approaching that time of year when members can renew their membership and at the same time we also invite those who would like to become a new member of Philoptochos, "friends of the poor," to join as well. Being a part of Philoptochos is such a wonderful opportunity to reach out locally, nationally and internationally, while getting to know each other better as a church community as we work together for a common cause.

Upcoming Events

Saturday March 3: Lenten retreat March 3, 8:30 a.m to 3:00 p.m. St. Demetrios Community Center, Seattle

Friday March 30: *Tsourekia* baking, social hall, for Palm Sunday sale

Saturday February 24: *Loukoumades* making practice 1:00 pm, social hall, in preparation for the Spring Bazaar May 11 & 12

National Ministry Commitments

February: Autism Assistance Fund
Saint Photios Shrine

March: Orthodox Christian Mission Center & Support A Mission Priest
Hellenic College Holy Cross

Our Metropolis of San Francisco Philoptochos Ministries commitment for March: Philoptochos Social Services Fund

To learn more about Philoptochos visit www.philoptochos.org or questions contact Jane Costello 360-739-3463

The 2018 Vasilopita Auction was a great success, raising \$1,000 for the St. Basil Academy! For 60 years Philoptochos from all over the country have been raising money for the academy in New York. Though the children of the academy are far from Bellingham, they are close to us in our faith as the academy provides an Orthodox environment. Thank you to Sam Boulos for his fine auctioneering and to all the vasilopita bakers and buyers!

“Philoptochos” Means “Friends of the Poor”