



Saint Sophia Greek Orthodox Church

April 2017

www.saintsophias.org email: stsophia.bellingham@gmail.com (360) 734-8745
510 East Sunset Drive Bellingham, Washington 98225

Christ is Risen!

GREAT & HOLY PASCHA:

The Resurrection of Our Lord

Commemorated on April 16



Enjoy ye all the feast of faith; receive ye all the riches of loving-kindness.

*from the Sermon of Saint John Chrysostom,
read at Paschal Matins*

The resurrection of Jesus Christ from the dead is the center of the Christian faith. Saint Paul says that if Christ is not raised from the dead, then our preaching and faith are in vain (I Cor. 15:14). Indeed, without the resurrection there would be no Christian preaching or faith. The disciples of Christ would have remained the broken and hopeless band which the Gospel of John describes as being in hiding behind locked doors for fear of the Jews. They went nowhere and preached nothing until they met the risen Christ, the doors being shut (John 20: 19). Then they touched the wounds of the nails and the spear; they ate and drank with Him. The resurrection became the basis of everything they said and did (Acts 2-4): “. . . for a spirit has not flesh and bones as you see that I have” (Luke 24:39).

The resurrection reveals Jesus of Nazareth as not only the expected Messiah of Israel, but as the King and Lord of a new Jerusalem: a new heaven and a new earth. Then I saw a new heaven and a new earth. . . the holy city, new Jerusalem. And I heard a great voice from the throne saying “Behold, the dwelling place of God is with men. He will dwell with them, and they shall be his people. . . He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away (Rev. 21:1-4).

In His death and resurrection, Christ defeats the last enemy, death, and thereby fulfills the mandate of His Father to subject all things under His feet (I Cor. 15:24-26).

Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing (Rev. 5: 12)

THE FEAST OF FEASTS

The Christian faith is celebrated in the liturgy of the Church. True celebration is always a living participation. It is not a mere attendance at services. It is communion in the power of the event being celebrated. It is God’s free gift of joy given to spiritual men as a reward for their self-denial. It is the fulfillment of spiritual and physical effort and preparation. The resurrection of Christ, being the center of the Christian faith, is the basis of the Church’s liturgical life and the true model for all celebration. This is the chosen and holy day, first of sabbaths, king and lord of days, the feast of feasts, holy day of holy days. On this day we bless Christ forevermore (Irmos 8, Paschal Canon).

PREPARATION

Twelve weeks of preparation precede the “feast of feasts.” A long journey which includes five pre-lenten Sundays, six weeks of Great Lent and finally Holy Week is made. The journey moves from the self-willed exile of the prodigal son to the grace-filled entrance into the new Jerusalem, coming down as a bride beautifully adorned for her husband (Rev. 21:2) Repentance, forgiveness, reconciliation, prayer, fasting, almsgiving, and study are the means by which this long journey is made.

Focusing on the veneration of the Cross at its midpoint, the lenten voyage itself reveals that the joy of the resurrection is achieved only through the Cross. “Through the cross joy has come into all the world,” we sing in one paschal hymn. And in the paschal troparion, we repeat again and again that Christ has trampled down death—by death! Saint Paul writes that the name of Jesus is exalted above every name because He first emptied Himself, taking on the lowly form of a servant and being obedient even to death on the Cross (Phil. 2:5-11). The road to the celebration of the resurrection is the self-emptying crucifixion of Lent. Pascha is the passover from death to life.

Yesterday I was buried with Thee, O Christ.

Continued on page 2...

*Today I arise with Thee in Thy resurrection.
Yesterday I was crucified with Thee:
Glorify me with Thee, O Savior, in Thy kingdom
(Ode 3, Paschal Canon).*

THE PROCESSION

The divine services of the night of Pascha commence near midnight of Holy Saturday. At the Ninth Ode of the Canon of the Nocturnes, the priest, already vested in his brightest robes, removes the Holy Shroud from the tomb and carries it to the altar table, where it remains until the leave-taking of Pascha. The faithful stand in darkness. Then, one by one, they light their candles from the candle held by the priest and form a great procession out of the church. Choir, servers, priest and people, led by the bearers of the cross, banners, icons and Gospel book, circle the church. The bells are rung incessantly and the angelic hymn of the resurrection is chanted.

The procession comes to a stop before the principal doors of the church. Before the closed doors the priest and the people sing the troparion of Pascha, "Christ is risen from the dead...", many times. Even before entering the church the priest and people exchange the paschal greeting: "Christ is risen! Indeed He is risen!" This segment of the paschal services is extremely important. It preserves in the experience of the Church the primitive accounts of the resurrection of Christ as recorded in the Gospels. The angel rolled away the stone from the tomb not to let a biologically revived but physically entrapped Christ walk out, but to reveal that "He is not here; for He has risen, as He said" (Matt. 28:6).

In the paschal canon we sing:

*Thou didst arise, O Christ, and yet the tomb
remained sealed, as at Thy birth the Virgin's womb
remained unharmed; and Thou has opened for us
the gates of paradise (Ode 6).*

Finally, the procession of light and song in the darkness of night, and the thunderous proclamation that, indeed, Christ is risen, fulfill the words of the Evangelist John: "The light shines in darkness, and the darkness has not overcome it" (John 1:5).

The doors are opened and the faithful re-enter. The church is bathed in light and adorned with flowers. It is the heavenly bride and the symbol of the empty tomb:

*Bearing life and more fruitful than paradise
Brighter than any royal chamber,
Thy tomb, O Christ, is the fountain or our
resurrection (Paschal Hours).*

MATINS

Matins commences immediately. The risen Christ is glorified in the singing of the beautiful canon of Saint John of Damascus. The paschal greeting is repeatedly exchanged. Near the end of Matins the paschal verses are sung. They relate the entire narrative of the Lord's resurrection. They conclude with the words calling us to actualize among each other the forgiveness freely given to all by God:

*This is the day of resurrection.
Let us be illumined by the feast.
Let us embrace each other.
Let us call "brothers" even those who hate us,
And forgive all by the resurrection. . .*

The sermon of Saint John Chrysostom is then read by the celebrant. The sermon was originally composed as a baptismal instruction. It is retained by the Church in the paschal services because everything about the night of Pascha recalls the Sacrament of Baptism: the language and general terminology of the liturgical texts, the specific hymns, the vestment color, the use of candles and the great procession itself. Now the sermon invites us to a great reaffirmation of our baptism: to union with Christ in the receiving of Holy Communion.

If any man is devout and loves God, let him enjoy this fair and radiant triumphal feast. . . the table is fully laden; feast you all sumptuously. . . the calf is fatted, let no one go hungry away. . .

THE DIVINE LITURGY

The sermon announces the imminent beginning of the Divine Liturgy. The altar table is fully laden with the divine food: the Body and Blood of the risen and glorified Christ. No one is to go away hungry. The service books are very specific in saying that only he who partakes of the Body and Blood of Christ eats the true Pascha. The Divine Liturgy, therefore, normally follows immediately after paschal Matins. Foods from which the faithful have been asked to abstain during the lenten journey are blessed and eaten only after the Divine Liturgy.

THE DAY WITHOUT EVENING

Pascha is the inauguration of a new age. It reveals the mystery of the eighth day. It is our taste, in this age, of the new and unending day of the Kingdom of God. Something of this new and unending day is conveyed to us in the length of the paschal services, in the repetition of the paschal order for all the services of Bright Week, and in the special paschal features retained in the services for the forty days until Ascension. Forty days are, as it were, treated as one day. Together they comprise the symbol of the new time in which the Church lives and toward which she ever draws the faithful, from one degree of glory to another.

O Christ, great and most holy Pascha.

O Wisdom, Word and Power of God,

grant that we may more perfectly partake of Thee in the never-ending day of Thy kingdom
(Ninth Ode, Paschal Canon).

By The V. Rev. Paul Lazor
New York, 1977



*The distribution of
the miraculous
Holy Fire.
Church of the
Holy Sepulchre.
Jerusalem, 2017*

Holy Week Services

to be Celebrated at St. Sophia

April 8th-April 16th, 2017

Sat. April 8th	Saturday of Lazarus
9:30 am	Divine Liturgy
10:30 am	Refreshments, palm cross tying, church decoration
5:30 pm	Great Vespers for Palm Sunday
Sun. April 9th	PALM SUNDAY
10:00 am	Divine Liturgy
	Fish luncheon Organized by the Parish Council
7:00 pm	First Bridegroom Service
Mon. April 10th	Holy Monday
9:00 am	9th Hour
9:30 am	Presanctified Liturgy
7:00 pm	Second Bridegroom Service
Tue. April 11th	Holy Tuesday
9:00 am	9th Hour
9:30 am	Presanctified Liturgy
7:00 pm	Third Bridegroom Service
Wed. April 12th	Holy Wednesday
9:00 am	9th Hour
9:30 am	Presanctified Liturgy
4:00 pm	Fourth Bridegroom Service
7:00 pm	Sacrament of Holy Unction & Anointing
Thu. April 13th	Holy Thursday
9:30 am	Vesperal Liturgy of St. Basil the Great (Last Supper)
	Easter egg dying after Liturgy
7:00 pm	Matins of the Holy Passion of our Lord (with 12 Gospels)
Fri. April 14th	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 15th	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
2:00 am	Community Potluck in Fellowship Hall
Sun. April 16th	GREAT AND HOLY PASCHA
11:00 am	Agape Vespers at Church
1:00 pm	Community Potluck Picnic at Hovander Park in Ferndale
Fri. April 21st	Bright Friday - Theotokos the Life-Giving Spring
9:00 am	Orthros
9:30 am	Divine Liturgy

A Paschal Hymn

By St. Ephrem the Syrian,

I fall in adoration at your feet, Lord!

I thank you, God of goodness;

*God of holiness, I invoke you,
on my knees, in your sight.*

For me, an unworthy sinner,

*you have willed to undergo the death of the cross,
setting me free from the bonds of evil.*

What shall I offer in return for your generosity?

Glory to you, friend of men!

Glory to you, most merciful!

Glory to you, most patient!

Glory to you who forgive sin!

Glory to you who have come to save us!

*Glory to you who have been made man in the womb of a
Virgin!*

Glory to you who have been bound!

Glory to you who have been scourged!

Glory to you who have been derided!

Glory to you who have been nailed to the cross!

Glory to you, laid in a sepulchre, but risen again!

*Glory to you who have preached the Gospel to men and
have been believed!*

Glory to you who have ascended to heaven!

*Glory to you, seated at the right hand of the Father and who
will return with him, in majesty, among the angels, to judge
those who have disregarded your passion!*

The powers of heaven will be shaken;

*all the angels and archangels, the cherubim and seraphim
will appear in fear and trembling before Your glory;*

the foundations of the earth will quake

and all that has life will cry out before Your majesty.

*In that hour let your hand draw me beneath Your wings,
and save me from the terrible fire, from the gnashing of
teeth,*

from the outer darkness and from despair without end.

That I may sing to Your glory:

*Glory to Him who through His merciful goodness has
designed to redeem this sinner.*



Thank you to the following

who have returned their 2017 Membership Card:

Fr. Michael & Elizabeth Tervo + Yanni & Ana Cristina Gholam + Juliana Maria Gholam + Gebran Gholam + Bessam & Yanolla Gholam + Anastasia Salam Boulos + Bassam Najib Boulos + Wafa Gholam + Alex & Hortance Youssef + Magdalene Piantes + Joyce Piantes + Harieklia Bryant + Georgia Sentkowski + Christos Christoforou & Kim Weil + Mary Hulbush + George & Judith Moularas + Areti Moularas + Brooksana Raney + Kristina Damianis + Carrie & Matthew Frost + Elizabeth Morgan + John F. Harriman + Doug & Dena Lien + Thelma Stasinis + Jaimee & Gabriel Twining + Kallee & Justin Dalton + Voula & Tim Parks + Loree Foote + Niki Welton + Paul and Anna Richardson + Bryant & Tamara Mattson + Pete Besas + Dino Monioudis & Eleni Zobolas + Steven & Jean Talkington + Matt & Jenni Maylon + Gabriella Boulos + Charles & Koula Margaritis + Louis & Evelyn Lallas + Roger Hulbush + Emmanouel & Marina Polichronakis + Jim & Eleni Zourkos + Demetrios and Eleni Sotiriou + John and Natalie Koenig + Maria Ilvanakis + John & Francine Tsoulouhas + The Damianos Family + Nick & Kathy Tsoulouhas

as of 3/20/2017

St. Sophia PHILOPTOCHOS NEWS

Philoptochos is currently in Membership drive and the last day to join this vital group is May 1. We are looking forward to another year of giving and creating and making a difference in the lives of others.

May 14 is "Mothers Day" and we will be passing out flowers following Divine Liturgy and will also be sponsoring the coffee hour.

Philoptochos will once again sell *tsourekia* on Palm Sunday to help support our philanthropic endeavors.

We thank all those who donated to the assistance for Sophia Kaplanis, an extraordinary young (16) woman who is battling a rare form of bone cancer.

Our blanket drive was a success and thank you to all who contributed blankets for this cause. The recipients were most grateful.

Elections are now in progress and we continue to work together to further the purpose and commitments of the Philoptochos.

A MOST BLESSED HOLY WEEK AND HAPPY EASTER FROM ALL OF US IN PHILOPTOCHOS

Spiritual Advisor: +Father Michael
President: Harieklia Meras-Bryant
Vice President: Dorine Boulos
Secretary: Nahla Gholam
Treasurer: Elizabeth Morgan

Festival Preparation...



Festival Baking begins Tuesday May 30th at 10:30. Come join the fun and the fellowship as we work for a holy cause. Will meet weekly in June and weekly, Tuesdays and Thursdays in July and August. Meat preparation is scheduled for the afternoons of the week of August 21st. Baking Contact: Georgia Sentkowski. Meat Cutting Contact: Manoli Polichronakis

BELLINGHAM GREEKFEST 2017

THURSDAY-SUNDAY, SEPT. 7-10

Festival Committee Chairman: Bryant Mattson

Festival Committee meets the
FIRST Tuesday of the month



St. Sophia Helps Build Homes for Families in Need

by Kim Weil, St. Sophia Parishioner & Board Member of HforH of Whatcom County

What do St. Sophia and Habitat for Humanity Whatcom County have in common? We are both committed to helping others in need! In the case of Habitat, they help build homes with partner families who are living in sub-standard housing. The philosophy is that when you can provide a decent home for a family, they are more likely to be successful and stable at school, work, and in the community. This past February, our St. Sophia philoptochos donated \$200 to Habitat joining other local churches to help families in our own community.

Habitat has partnered with Kulshan Community Land Trust for the first-ever multi-family project called "Telegraph Townhomes". The project still needs more fund raising and a final development design, but it is well on the way.

If you want to get involved, you can attend the upcoming annual auction/dinner on April 22nd at Bellingham Technical College. Or, you can sign up to help on a Habitat "build". If you're interested, contact Kim Weil (kimlakewhatcom@comcast.net) or visit the Habitat for Humanity Whatcom County website: <http://www.hfhwhatcom.org/>.

15th Annual Raise the Roof Auction



when & where

April 22nd, 2017
5:30 to 9PM
Settlemyer Hall
Bellingham Technical College



cost

\$40 per ticket

includes:

- live & silent auction
- 3 drinks (beer/wine)
- appetizers • dinner
- live entertainment



buy tickets



Scan the QR code, purchase at the Habitat Store, or call (360) 715-9170.

Proceeds from the auction will help fund the construction of Telegraph Townhomes, a multi-family development in Bellingham that will house 24 low-income, qualified families. For both residents & environment, these energy efficient, affordable units represent a paradigm shift in urban home construction. Visit hfhwhatcom.org to learn more.

Let's build the future!



Donate auction items or become an auction sponsor by calling (360) 715-9170.



St. Sophia parishioners and Philoptochos members volunteering at a Habitat for Humanity home build on the Lummi Reservation in August, 2015



Habitat for Humanity
in Whatcom County

Palm Sunday Luncheon



Sunday, April 9th after the Divine Liturgy.
The parish council is sponsoring a traditional fish luncheon to celebrate the Feast of Palm Sunday. Please fill out a reservation sheet available in the narthex and return it to a parish council member. \$10 per person, payable at the door.

Parish Easter Picnic



Sun., April 16th 1:00 pm Hovander Park
You and your family are invited to join the St. Sophia Community to celebrate the Great Feast of Pascha at the parish picnic Hovander Park in Ferndale. Please *rsvp* by contacting the church office (360-734-8745) or emailing Georgia Sentkowski (georgia2608@comcast.net). Please *rsvp* so the parish council can know how much food to order. \$10 per person.

Coffee Hour Offerings



Thank you for finding a substitute and notifying Dena Lien if you are not able to provide for coffee hour on your scheduled day

4/2 Evelyn Lallas and Tula Trames
4/9 Palm Sunday Lunch--Parish Council
4/16 Easter Picnic
4/23 Yanolla Boulos and Nahla Gholam
4/30 Salome Wolters and Elizabeth Morgan

5/7 Eleni Kyriazis
5/14 Philoptochos Coffee Hour
5/21 Dorine Boulos and Marie Boulos
5/28 Georgia Sentkowski and Cheryl Lallas

6/4 Mary Hulbush, Dena Lien, and Cherie Webster
6/11 Cristina Gholam and Nadia Boulos
6/18 Marina Polichronakis and Eleni Pantoleon*
6/25 Nia Zourkos, Eleni Mistry, and Tammy Stavropoulos*

Prophoro Bakers



4/2-- Kim Weil (4)
4/9-- Sue Moyer (4); Tasia Tsoulouhas (4) HOLY WEEK
4/16-- Adrienne Hunter (6) PASCHA
4/23--Tamara Mattson (4)
4/30-- Brooksana Raney (4)

5/7-- Christos Christoforou (3)
5/14-- Sue Moyer (4)
5/21--Adrienne Hunter (4)
5/28-- Tasia Tsoulouhas (4)

6/4-- Tammy Stavropoulos (4)
6/11-- Presvytera Alexandra Diamant (4)
6/18-- Kim Weil (4)
6/25-- Sue Moyer (4)

St. Sophia Greek Orthodox Church

510 E. Sunset Dr. Bellingham, WA 98225



St.Sophia BOOKSTORE NEWS

Books to read now...

1. **GATEWAY OF LIFE**, Cunningham The important role that Mary, the Theotokos, plays in the Christological mystery leads naturally to her veneration by Orthodox Christians.
2. **IN THE EYES OF YOUR CREATOR** by +Father Fontes (an Orthodox priest and psychologist) This is about valuing yourself and others and searching and uncovering the image of Christ within us.
3. **THE ORTHODOX STUDY BIBLE** (New Testament and the Psalms) Discovering Orthodox Christianity in the pages of the New Testament.
4. **ORTHODOXY AND HETERODOXY** by +Father Damick. This book is an invaluable reference for anyone who wants to understand the faiths of those with whom they come into contact, as well as their faith.
5. **THE GREEK EAST AND THE LATIN WEST** by P. Sherrard. This is a study in the Christian tradition.
6. **WORDS FOR OUR TIME**. The Spiritual words of Matthew the Poor
7. **TEARS OF REPENTANCE** by Athanasios Kartigas. True experiences in a Greek taxi cab. We have the book written in Greek as well as in English.
8. **HEAR ME** A prayerbook for Orthodox Teens (Do you know you have a God who hears you?)
9. **NEARLY ORTHODOX** by Carlson on being a modern woman in an ancient tradition.
- 10.

CHILDREN'S BOOKS

10. **H IS FOR HOLY** An Orthodox Christian Alphabet, by Nika Boyd. This book offers a first taste of a lifelong journey with Jesus Christ
11. **FROM GOD TO YOU** by Skinas. This small book is a followup to PICTURES OF GOD and considers icons and their stories as windows of inspiration and doorways to prayer.
12. **GUARDIAN ANGEL CHILDREN'S PRAYER BOOK** by +Father Lozynsky. An introduction to the Divine Liturgy and prayers for young children
13. **MY ORTHODOX COUNTING BOOK** by Khoury. Children can learn how to count in five different languages: English, Greek, Arabic, Spanish and French by studying and becoming more familiar with items in the church that have deep meaning to Orthodox Christians. The author stopped counting at twelve in remembrance of the twelve Apostles.

We also have copies of the SERVICES FOR HOLY WEEK AND EASTER.....\$25.00

There are beautiful handmade candles for your Easter table, red egg dye, handpainted wooden eggs, charcoal and incense, greeting cards of many kinds, including Easter.

Our annual bookstore sale is complete for this year. Thank you to all who contributed to its success.

THANK YOU TO ALL WHO SHOP AND SUPPORT OUR PARISH BOOKSTORE.