



Wisdom hath builded her house, she hath hewn out her seven

pillars: She hath killed her beasts; she hath mingled her

wine; she hath also furnished her table.

She hath sent forth her maidens:



she crieth upon the highest places of the city,

Whoso is simple, let him turn in hither: as for



him that wanteth understanding, she saith to him,



Come, eat of my bread, and drink of the wine which I have mingled.

Forsake the foolish, and live; and go in the way of understanding.

# Sophia



A DEVOTIONAL NEWSLETTER OF ST. SOPHIA PARISH

St. Sophia Orthodox Church  
195 Joseph St.  
Victoria, BC  
V8S 3H6  
Canada

# St. Sophia Orthodox Church

*a Parish of the Russian Orthodox Church Outside of Russia*

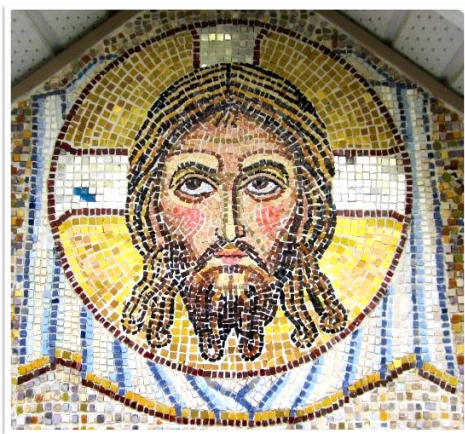
195 Joseph Street,  
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email: [info@saintsophia.ca](mailto:info@saintsophia.ca)  
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Archpriest John Adams  
Priest Philosoph Uhlman  
Protodeacon Gordian Bruce  
Deacon Olexandr Savitskyi

# Sophia Newsletter

Issue #141 April 2024



## April Services

Sat. Apr. 6 Vigil - 5:00 p.m. (Confession following)

Sun. Apr. 7 [Annunciation of the Most Holy Theotokos](#)  
and [Veneration of the Precious Cross](#) Liturgy - 10:00 a.m.

Sat. Apr. 13 Vigil - 5:00 p.m. (Confession following)

Sun. Apr. 14 Liturgy - 10:00 a.m.

Sat. Apr. 20 Vigil - 5 p.m. (Confession following)

Sun. Apr. 21 Liturgy - 10:00 a.m.

Sat. Apr. 27 Vigil & Blessing of the Willows for Palm Sunday - 5 p.m.

(Distribution of the Palms) (Confession following)

Sun. Apr. 28 [Palm Sunday](#) Liturgy - 10:00 a.m.

Sun. Apr. 28 Vespers & Matins for Holy Monday - 6:00 p.m. (Confession following)

Mon Apr. 29 Great and Holy Monday, [Presanctified Liturgy](#) - 10:00 a.m.

Mon. Apr. 29 Matins for Holy Tuesday - 6:00 pm (Confession following)

Tues. Apr. 30 Great and Holy Tuesday, Presanctified Liturgy - 10:00 a.m.

Tues. Apr. 30 Matins for Holy Wednesday, 6:00 p.m. (Confession following)

The [Holy Week](#) into [Pascha](#) Calendar will be emailed soon!

## April [Saints' Days](#)

Congratulations to Larissa, Daria, Svetlana, and Marie. God grant you many years!

[Taking Care of Holy Things](#) ~ by Fr. David Moser

## Thank You Church Cleaners and Floral Designers

Thank you to all who cleaned and created during March! There are several upcoming new volunteer opportunities for **April, including the extra Holy Week Services into the first week of May up to Pascha**. Arranging the Church flowers and doing the Church Cleaning is a blessing, and a wonderful opportunity to embrace serving God and the parish!

Please view and sign up available spaces and date(s) of your choice - on the bulletin board, and if you have any questions, please contact Emmanuelle.

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## Sisterhood

**Many thanks** to Elizabeth C, Alix and Naomi, for coordinating this year's **Forgiveness Sunday Parish Potluck Lunch**, and the parish is also most appreciative of your wonderful teams that prepared the trapeza and cleaned the kitchen and trapeza after the meal! It was a lovely and contemplative parish meal to share together, after the beautiful and prayerful Forgiveness Sunday Vespers before we headed into the first week of Great Lent and the peaceful and penitential evening services.

**Sisterhood Charitable Donations** Father John blessed \$50 each to [Pacific Center Family Services \(Westshore Area\)](#) & [Ladysmith Resources Center Association](#)

## Recent Church Upgrades!

In the past month or so, we have seen some wonderful improvements in our church! Starting in the trapeza... there are now deeper double sinks and a new faucet, for easier and more efficient cleanup - *thank you John M!* Also, in the trapeza, we have beautiful and custom made cabinet doors for the kitchen island. *Thank you Theodore T!* Moving upstairs to the church nave, there are two new floating shelves for the icons. See if you notice which ones they are, as they fit in so nicely... you might think that they've always been there! *Many thanks again, Theodore T!*

## Exploring the Lenten Triodion: [A Journey through Penitence and Joy](#)



*This is an older picture of our church (used by the St. Elizabeth Convent for the above article: **Exploring the Lenten Triodion: A Journey through Penitence and Joy**) - from during the First Week of Great Lent (circa 2007/2008) - from when we first moved upstairs out of our little chapel!*

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## Pearls of Wisdom

*Let us open our arms and throw ourselves into Christ's embrace. When Christ comes, we will have gained everything. Christ will alter everything within us. He will bring peace, joy, humility, love, prayer and the uplifting of our soul. The grace of Christ will renew us.*

*~ Elder Porphyrios; Wounded By Love*

*To fast in the soul means keeping silent more and praying more frequently by oneself saying "[Lord Jesus Christ, Son of God, have mercy on me, a sinner.](#)" At first this prayer will be only in our minds, then, because of the mind's prayerful effort, suddenly, we know not how, this prayer passes into our hearts. It is possible that at this moment we may even weep and in this way we are baptized anew in the unseen font of our tears. There are all kinds of tears: tears of exaltation, tears of joy, tears of sadness, but the most precious are tears of compunction and repentance. ~ Metropolitan Vitaly (Archbishop of Montreal and Canada)*

*I praise the Godhead, Unity in three Persons: for the Father is Light, the Son is Light, and the Spirit is Light, but the Light remains undivided, shining forth in oneness of Nature, yet in the three rays of the Persons... Let all the trees of the forest dance and sing, as they beheld their fellow-tree, the Cross, today receive veneration: for Christ, as Holy David prophesied, has exalted it on high... Glory to the Father and to the Son, and to the Holy Spirit. I worship Thee, O holy God, as Trinity of Persons in Unity of Essence, Father, Son and Holy Spirit, one Power and Kingdom, sovereign over all. Both now and ever, and unto the ages of ages. Amen. ~ From the Sunday of the Cross, Matins Service*

## First Sunday of Great Lent ~ After the Procession



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## Lazarakia Buns - [Recipe](#)

This special Greek bread is traditionally baked to serve on [Lazarus Saturday](#), (this year it falls on April 27th) the day *before* [Palm Sunday](#)... to celebrate the miracle of Jesus raising Lazarus from the dead. Shaped like a man wrapped in a shroud, they are vegan, and contain several sweet spices. Lazarus Saturday ends at sundown, and Palm Sunday marks the beginning of [Holy Week](#).



*Scripture Art by Juliana*



## Links & Resources

- [St. Sophia Parish Website](#)
- [Come and Dine St. Sophia Parish fasting recipes](#)
- [Orthodox Christianity](#)
- [The Rudder Streaming Orthodox Christian sacred music 24/7](#)
- [Synodal Website](#)
- [Western America Diocese Official Site](#)
- [Montreal and Canadian Diocese](#)
- [All Saints of Alaska Orthodox Church](#)
- [Abbreviated Prayerbook](#)
- [The Sacramental Life](#)
- [Blisswood](#)

*“We knew not whether we  
were in heaven or earth...”*

*We only know that God dwells  
there among men, and their  
service is fairer than*

*The*  
*Orthodox*  
*Church*

*the ceremonies of  
other nations.”*

**W**ith these words, envoys sent from Russia by Prince Vladimir in the year 987 recorded their impression of Constantinople’s awesome Orthodox Cathedral, Hagia Sophia. They had been sent to search for the true religion. Within a year of their report, Prince Vladimir and the Russian people were baptized in Christ by Orthodox missionaries. Today, as in Prince Vladimir’s time, the Orthodox Church – fully aware that man is a union of body and soul – uses all the beauty of creation to move her faithful children to prayer and worship: icons, beautiful singing, sweet-smelling incense, and majestic services.

The Greek word ‘Orthodoxia’ means ‘correct praise’ or ‘correct teaching’ and in the Orthodox worship the praise and teaching are closely interwoven.

Jesus Christ founded His Church through the Apostles. By the grace received from God at Pentecost, the Apostles established the Church throughout the world. In Greece, Russia, and elsewhere, the True Apostolic Church continues to flourish, preserving the Faith of Christ pure and unchanged.





*“Christ the Power of God,  
and the Wisdom of God”*

*– First Corinthians*

### **Troparion in the Second Tone**

*We bow down before Thine all pure image, O Good One,  
asking forgiveness of our transgressions, O Christ God; for  
Thou wast well pleased to ascend the Cross in the flesh of  
Thine own will, that Thou mightest save what Thou hadst  
created from slavery to the enemy. Wherefore, we cry out to  
Thee in thanksgiving: Thou hast filled all things with joy, O  
our Saviour, Who hast come to save the world.*

### **Kontakion in the Second Tone**

*O uncircumscribable Word of the Father, knowing the  
victorious image, uninscribed and divinely wrought, of Thine  
ineffable and divine dispensation towards man, of Thy true  
incarnation, we honour it with veneration.*