

Feroc Naoc Aftoy Ahmhtrioy Saint Demetrios

Greek Orthodox Church + Upper Darby, Pa



Rev. Gregory Gilbert · Presiding Priest FrGrigoris@gmail.com

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11 Maptioy · March 2018

 Γ' της Νηστείας (Σταυροπροσκυνήσεως) · 3rd Sunday of Lent (Holy Cross) Αγ. Σωφρονίου, Πατριαρχού Ιεροσολύμων · St. Sophronios, Patriarch of Jerusalem

VISITORS: Thank you for joining us. Please note that only Orthodox Christians in good standing may receive Holy Communion. Non-Orthodox Christians may receive *antidoron* (blessed bread) after liturgy. Please join us for coffee afterwards.

Μημμοσύνου · Memorial Service Τηλέμαχος Μαυρίδης · Telemachos Mavridis (40 ἡμέρες)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 12 Μαρτίου6.00 μ.μ.Μεγα ΑποδειπνονMonday, 12 March6.00 p.m.Great ComplineΤετάρτη,14 Μαρτίου5.30, 6.00 μ.μ.9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜ

Tετάρτη,14 Μαρτίου 5.30, 6.00 μ.μ. 9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ Wednesday, 14 March 5.30, 6.00 p.m. 9ΤΗ Hour & Presanctified Liturgy

Παρασκευή, 16 Μαρτίου 7.00 μ.μ. 4Η ΣΤΑΣΙΣ ΧΑΙΡΕΤΙΣΜΩΝ

Friday, 16 March 7.00 p.m. 4TH SALUTATIONS TO THE THEOTOKOS

KYPIAKH AΓ. ΙΩΑΝΝΟΎ ΤΟΥ ΚΛΙΜΑΚΟΣ (Δ΄ ΤΗΣ ΝΗΣΤΕΙΑΣ) SUNDAY OF ST. JOHN OF THE LADDER (4TH SUN. OF LENT)

Αρχιερατική Θεία Λειτουργία

Προεξάρχοντος τοῦ Σεβ. Μητ. Νέας Ἰερσέης, κ. Εὐαγγέλου

HIERARCHICAL DIVINE LITURGY, His Eminence, Evangelos of New Jersey, Presiding

Κυριακή, 18 Μαρτίου 8.45, 10.00 π.μ. ΟΡΘΡΟΣ ΚΑΙ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ Sunday, 18 March 8.45, 10.00 a.m. ΟRTHROS AND DIVINE LITURGY

THE ANTIPHONS OF THE HOLY CROSS

ΑΝΤΙΦΩΝ Α'· ΗΧΟΣ Β'

Στίχ. α΄. Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, Κύριε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. β΄. "Εδωκας τοῖς φοβουμένοις σε σημείωσιν τοῦ φυγεῖν ἀπὸ προσώπου τόξου.

Ταῖς πρεσβείαις τῆς Θεοτόκου...

Στίχ. γ΄. ἀνέβης εἰς ὕψος, ἠχμαλώτευσας αἰχμαλωσίαν, ἔλαβες δόματα ἐν ἀνθρώποις, καὶ γὰρ ἀπειθοῦντας τοῦ κατασκηνῶσαι.

Ταῖς πρεσβείαις τῆς Θεοτόκου...

Δόξα Πατρὶ καὶ Υίῷ καὶ Ἁγίῳ Πνεύματι· καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἀμήν.

Ταῖς πρεσβείαις τῆς Θεοτόκου...

ΑΝΤΙΦΩΝ Β΄ ΗΧΟΣ Β΄

Στίχ. α΄. Εἴδοσαν πάντα τὰ πέρατα τῆς γῆς τὸ σωτήριον τοῦ Θεοῦ ἡμῶν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, ᾿Αλληλούϊα.

Στίχ. β΄. Εἰσελευσόμεθα εἰς τὰ σκηνώματα αὐτοῦ, προσκυνήσομεν εἰς τὸν τόπον, οὖ ἔστησαν οἱ πόδες αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς...

Στίχ. γ΄. Σχολάσατε καὶ γνῶτε ὅτι ἐγώ εἰμι ὁ Θεός ὑψωθήσομαι ἐν τοῖς ἔθνεσιν, ὑψωθήσομαι ἐν τῆ γῆ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς...

ANTIPHON I; TONE 2

Vs. 1: O Lord, the light of Your face was stamped upon us.

Through the intercessions of the Theotokos, Savior, save us.

Vs. 2: You gave a sign to those who fear You, so they may flee from the face of the bow.

Through the intercessions...

Vs. 3: You ascended on high, You led captivity captive; You received gifts for mankind, truly for the disobedient, so they may dwell there. The Lord God is blessed.

Through the intercessions...

Glory to the Father and the Son and the Holy Spirit; both now and ever and to the ages of ages. Amen.

Through the intercessions...

ANTIPHON II. MODE 2.

Vs. 1: All the ends of the earth saw the salvation of our God.

Save us, O Son of God, who arose from the Dead. We sing to You, Alleluia!

Vs. 2: Let us enter into His tabernacles; let us worship at the place where His feet stood.

Save us, O Son of God, who arose...

Vs. 3: Be still, and know that I am God; I will be lifted high among the nations; I will be lifted high upon the earth.

Save us, O Son of God, who arose...

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Άμήν.

Ὁ Μονογενης Υίὸς...

ΑΝΤΙΦΩΝΟΝ Γ΄· ΗΧΟΣ Β΄ Στίχ. α΄. Ύψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Απολυτικίου Της Εορτης 'Ηχος Α΄ Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Στίχ. β΄. Σῶσον, ὁ Θεός, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου. Σῶσον, Κύριε, τὸν λαὸν σου...

Στίχ. γ΄. Καὶ ποίμανον αὐτοὺς καὶ ἔπαρον αὐτοὺς ἕως τοῦ αἰῶνος. Σῶσον, Κύριε, τὸν λαὸν σου...

ΕΙΣΟΔΟΣ ΕΥΑΓΓΕΛΙΟΥ, ΚΑΙ ΕΠΕΙΤΑ... ΑΝΑΣΤΑΣΙΜΟΝ ΗΧΟΣ ΒΑΡΥΣ Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέῳξας τῷ Ληστῆ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς 'Αποστόλοις κηρύττειν ἐπέταξας' ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

ΤΗΣ ΕΟΡΤΗΣ· ΉΧΟΣ Α΄ Σῶσον, Κύριε, τὸν λαὸν σου... Το Απολυτικίου του Ναού, και Επείτα... Holy Spirit; both now and ever and to the ages of ages. Amen.

Only begotten Son...

ANTIPHON III. MODE II.
Vs. 1: Exalt the Lord our God, and
worship at the footstool of His feet.

APOLYTIKION. FOR THE FEAST. MODE I. Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Vs. 2: O God, save Your people, and bless Your inheritance.

Save, O Lord, Your people...

Vs. 3: And shepherd them, and raise them up forever.
Save, O Lord, Your people...

Entrance of the Gospel, and Then...
Resurrectional; Grave Mode
By means of Your Cross, O Lord, You
abolished death. To the robber You
opened Paradise. The lamentation of
the myrrh-bearing women You
transformed, and You gave Your
Apostles the order to proclaim to all
that You had risen, O Christ our God,
and granted the world Your great
mercy.

For the Feast; Mode I Save, O Lord, Your people...

THE HYMN FOR OUR CHURCH, AND THEN...

Τῆ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθέρωσον, ἵνα κράζω σοι Χαῖρε νύμφη ἀνύμφευτε.

ΑΝΤΙ ΤΟΥ ΤΡΙΣΑΓΙΟΥ Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν. To you, the Champion Leader we your flock dedicate a feast of victory and of thanksgiving, as ones rescued out of suff'rings, O Theotokos. But as you are one with might that is invincible, from all dangers that can be do you deliver us, that we may cry to you, "Rejoice, O Bride unwedded."

INSTEAD OF "HOLY GOD"
Before Your Cross, we bow down, O
Master, and Your holy resurrection
we glorify.

READING FROM THE APOSTLE: HEBREWS 4.14-5.6

Προκείμενον· Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, καὶ ποίμανον αὐτοὺς καὶ ἔπαρον αὐτοὺς ἕως τοῦ αἰῶνος.

Στίχος Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ, μήποτε παρασιωπήσης ἀπ' ἐμοῦ καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον.

Άδελφοί, ἔχοντες Άρχιερέα μέγαν διεληλυθότα τοὺς οὐρανούς, Ἰησοῦν τὸν Υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθῆσαι ταῖς ἀσθενείαις ἡμῶν, πεπειρασμένον δὲ κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὕρωμεν εἰς εὔκαιρον βοήθειαν. Πᾶς γὰρ ᾿Αρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περίκειται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμήν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ ὁ ᾿Ααρών. Οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γενηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Prokeimenon: O Lord, save Your people, and bless Your inheritance; and shepherd them, and raise them up forever.

Verse: To You, O Lord, I cry; O my God, may You not pass over me in silence; may You never be silent to me, else I would become like those who go down into the pit.

Brethren, since we have a high priest who has passed through the heavens,

every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

READING FROM THE GOSPEL: MARK 8.34-9.1

Εἶπεν ὁ Κύριος: 'Όστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὁς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὁς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὖτος σώσει αὐτήν. τί γὰρ ἀφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῆ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῆ με καὶ τοὺς ἐμοὺς λόγους ἐν τῆ γενεᾳ ταύτῃ τῆ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῆ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· 'Αμὴν λέγω ὑμῖν ὅτι εἰσί τινες ὧδε τῶν ἑστηκότων, οἵτινες οὐ μὴ γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

IMPORTANT ANNOUNCEMENT

Dear friends and members,

The Federation of Hellenic-American Societies of Philadelphia and greater Delaware Valley supports and participates to the Pan-American Rally for Macedonia that will take place at the United Nations Plaza in New York on Sunday, March 18th 2018. We should all be there united to protest against the use of the word "Macedonia" in the name dispute with Skopje. Macedonia is Greece and her history is our Hellenic Heritage. No one is allowed to steal or counterfeit her.

Please see flyer below, disseminate to members of your societies / parishes / organizations and include it to your newsletters / bulletins and communications.

Buses will depart on Sunday, March 18th at 9:30 AM from convenient locations (St Demetrios, Upper Darby, PA – St. Thomas, Cherry Hill, NJ – Holy Trinity, Wilmington, DE and more to be announced). So, plan accordingly and reserve your seats as soon as possible.

We will keep you posted with updates.

For seat reservations / information contact the representative of your Society/Parish in the Federation or Nikos Spiliotis (267) 907-5707 / Stathis Karadonis (856) 308-2877 / Kiki Karamitopoulou (610) 909-7449.





Sunday School Lunch Fundraiser

Το Κατηχητικό Σχολείο του Αγίου Δημήτριου σας Προσφέρει

Καλαμαράκια!

με Πατάτες Τηγανητές - Νερό / Calamari-French Fries - Water

Κυριαχή, 11 Μαρτίου Sunday, March 11, 2018 \$12



SENIOR ADULT LUNCHEON

12:00pm

2017

12 September10 October14 November12 December

2018

9 January

13 February

13 March

10 April

No Luncheon in May

12 June

229 Powell Ln, Upper Darby, PA Nicky Bottos (610) 529-1142 Saturday, March 17 at 5:30 pm. For Tickets: Magda Tsekaris (610) 547-0204 invites you to a night of The Philoptochos of St. Demetrios

Federation of Hellenic Societies of Philadelphia and Greater Delaware Valley

proudly presents

Pre-Parade **Dignitaries Dinner**

and presentation of 2018 Eleftheria Award to

GEORGE BURLOTOS

\$60 per person

Date: March 17, 2018

Time: Cocktails 6 pm • Dinner 7 pm

Adelphia's Restaurant 1750 Clements Bridge Rd Deptford, NJ 08096

Call 856.986.8972 for more info

