



ΙΕΡΟΣ Ναός Αγίου ΔΗΜΗΤΡΙΟΥ
SAINT DEMETRIOS
GREEK ORTHODOX CHURCH + UPPER DARBY, PA



METROPOLIS OF
NEW JERSEY

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20 ΜΑΪΟΥ · MAY 2018

ΤΩΝ ΑΓΙΩΝ ΠΑΤΕΡΩΝ ΤΗΣ Α΄ ΟΙΚΟΜΕΝΙΚΗΣ ΣΥΝΟΔΟΥ
SUNDAY OF THE HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL
ΘΑΛΛΕΛΑΙΟΥ ΜΑΡΤΥΡΟΣ · HOLY MARTYR THALLELAIOS

ΜΝΗΜΟΣΥΝΟΝ · MEMORIAL

Πάντα τὰ Θύματα τῆς Ποντιακῆς Γενοκτονίας
All the Victims of the Pontian Genocide

ΑΡΤΟΚΛΑΣΙΑ · MEMORIAL

Σύλλογος Ἑπειρωτῶν Φιλαδελφείας «Ὁμόνοια»
Society of Epirotes of Philadelphia "Omonia"

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΘΕΟΣΤΕΠΤΩΝ ΒΑΣΙΛΕΩΝ ΚΩΝΣΤΑΝΤΙΝΟΥ ΚΑΙ ΕΛΕΝΗΣ · STS. CONSTANTINE & HELEN
Δευτέρα, 21 Μαΐου Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Monday, 21 May Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΨΥΧΟΣΑΒΒΑΤΟΝ · SATURDAY OF SOULS
Σάββατον, 26 Μαΐου Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Saturday, 26 May Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΚΥΡΙΑΚΗ ΤΗΣ ΑΓΙΑΣ ΠΕΝΤΗΚΟΣΤΗΣ · PENTECOST SUNDAY
Κυριακή, 27 Μαΐου Ὅρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Sunday, 27 May Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

AHEPA CHAPTER 445 "THERMOPYLAE" SCHOLARSHIPS

AHEPA Chapter 445 is accepting applications for its 2018 Scholarships. For information, visit AHEPA-445.org, or contact Scholarship Chairman Basil Frayannis (gasmanbill@aol.com). Application Deadline May 31.

THE ANTIPHONS OF THE ASCENSION

ΑΝΤΙΦΩΝΟΝ Α΄. ΗΧΟΣ Β΄

Στίχ. α΄. Πάντα τὰ ἔθνη κροτήσατε
χειρας. Ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ
ἀγαλλιάσεως.

Ταῖς πρεσβείαις τῆς Θεοτόκου,
Σῶτερ, σῶσον ἡμᾶς.

Στίχ. β΄. Ὅτι Κύριος ὑψιστος, φοβερός,
βασιλεὺς μέγας ἐπὶ πᾶσαν τὴν γῆν.

Ταῖς πρεσβείαις τῆς Θεοτόκου...

Στίχ. γ΄. Ὑπέταξε λαοὺς ἡμῖν καὶ ἔθνη
ὑπὸ τοὺς πόδας ἡμῶν.

Ταῖς πρεσβείαις τῆς Θεοτόκου...

Δόξα Πατρὶ... Καὶ νῦν καὶ ἀεὶ...

Ταῖς πρεσβείαις τῆς Θεοτόκου...

ΑΝΤΙΦΩΝΟΝ Β΄. ΗΧΟΣ Β΄

Στίχ. α΄. Μέγας Κύριος καὶ αἰνετὸς
σφόδρα ἐν πόλει τοῦ Θεοῦ ἡμῶν, ἐν
ὄρει ἁγίῳ αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν δόξῃ
ἀναληφθεὶς ἀφ' ἡμῶν εἰς τοὺς
οὐρανοὺς, ψάλλοντάς σοι,
Ἀλληλούϊα.

Στίχ. β΄. Ὁ Θεὸς ἐν τοῖς βάρεσιν αὐτῆς
γινώσκεται, ὅταν ἀντιλαμβάνηται
αὐτῆς.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν δόξῃ...

Στίχ. γ΄. Ὅτι ἰδοὺ οἱ βασιλεῖς τῆς γῆς
συνήχθησαν, ἤλθοσαν ἐπὶ τὸ αὐτό·

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν δόξῃ...

Δόξα Πατρὶ... Καὶ νῦν καὶ ἀεὶ...

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ
Θεοῦ...

Antiphon I. Mode 2.

Vs. 1: Oh, clap your hands, all you
nations. Shout to God with the voice of
rejoicing.

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

Vs. 2: For the Lord Most High is fearsome,
a great King over all the earth.

Through the intercessions...

Vs. 3: He subdued the peoples under us
and the nations under our feet.

Through the intercessions...

Glory to the Father... Both now and ever...

Through the intercessions...

Antiphon II. Mode 2

Vs. 1: Great is the Lord, and greatly to be
praised in the city of our God, in His
holy mountain.

Save us, O Son of God, who were
taken up in glory to heaven from
us, as we sing to You, Alleluia.

Vs. 2: God is known in her palaces when
He helps her.

Save us, O Son of God, who were
taken up...

Vs. 3: For behold, the kings assembled;
they came together.

Save us, O Son of God, who were
taken up...

Glory to the Father... Both now and ever...

Only begotten Son and Word of
God...

ΑΝΤΙΦΩΝΟΝ Γ'. ΗΧΟΣ Δ'

Στίχ. α'. Ἀκούσατε ταῦτα, πάντα τὰ
ἔθνη, ἐνωτίσασθε πάντες οἱ
κατοικοῦντες τὴν οἰκουμένην.

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς
ἡμῶν, χαροποιήσας τοὺς Μαθητάς,
τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος·
βεβαιωθέντων αὐτῶν διὰ τῆς
εὐλογίας, ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ, ὁ
λυτρωτὴς τοῦ κόσμου.

Στίχ. β'. Τὸ στόμα μου λαλήσει σοφίαν
καὶ ἡ μελέτη τῆς καρδίας μου
σύνεσιν.

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς
ἡμῶν...

Στίχ. γ'. Κλινῶ εἰς παραβολὴν τὸ οὖς
μου, ἀνοίξω ἐν ψαλτηρίῳ τὸ
πρόβλημά μου.

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς
ἡμῶν...

ΕΙΣΟΔΙΚΟΝ. ΗΧΟΣ Β'

Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, Κύριος
ἐν φωνῇ σάλπιγγος. Σῶσον ἡμᾶς, Υἱὲ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν,
ψάλλοντάς Σοι, Ἀλληλούϊα.

ΑΝΑΣΤΑΣΙΜΟΝ. ΠΛΑΓΙΟΣ Β'

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα
σου, καὶ οἱ φυλάσσοντες
ἀπενεκρώθησαν, καὶ ἵστατο Μαρία
ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν
σου σῶμα. Ἐσκύλευσας τὸν Ἅϊδην,
μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας
τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν,
ὁ ἀναστὰς ἐκ των νεκρῶν, Κύριε
δόξα σοι.

ANTIPHON III. MODE IV

*Vs. 1: Hear this, all you nations; give ear,
all you inhabitants of the world.*

You ascended in glory, O Christ our
God, after You filled the Disciples
with joy, by promising to send them
the Holy Spirit, and You blessed
them and established their faith,
that You are the Son of God, the
Redeemer of the world.

*Vs. 2: My mouth shall speak wisdom, and
the meditation of my heart,
understanding.*

You ascended in glory, O Christ our
God...

*Vs. 3: I will incline my ear to a parable; I
will open my riddle on the harp.*

You ascended in glory, O Christ our
God...

ENTRANCE HYMN. MODE II

God ascended with a shout, the Lord
with the sound of the trumpet. Save
us, O Son of God, who arose from the
dead, as we sing to You, Alleluia.

RESURRECTIONAL. PLAGAL II

When the angelic powers appeared
at Your grave, the soldiers guarding
it feared and became as dead. And
standing by the sepulcher was Mary
who was seeking Your immaculate
body. You devastated Hades, not
afflicted by it. You went to meet the
virgin, and granted eternal life. You
resurrected from the dead. O Lord,
glory to You.

ΤΗΣ ΕΟΡΤΗΣ. ΗΧΟΣ Δ΄
Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς
ἡμῶν...

ΤΩΝ ΠΑΤΕΡΩΝ. ΠΛΑΓΙΟΣ Δ΄
Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς
ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς
Πατέρας ἡμῶν θεμελιώσας, καὶ δι'
αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν,
πάντας ἡμᾶς ὁδηγήσας·
πολυεύσπλαγχνε, δόξα σοι.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄
Μέγαν εὖρατο ἐν τοῖς κινδύνοις σέ
ὑπέρμαχον ἢ οἰκουμένη, Ἀθλοφόρε, τὰ
ἔθνη τροπούμενον. Ὡς οὖν Λυαίου
καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ
θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε,
Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν
Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα
ἔλεος.

ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΑΝΑΛΗΨΕΩΣ. ΠΛΑΓΙΟΣ Β΄
Τὴν ὑπὲρ ἡμῶν πληρώσας
οἰκονομίαν, καὶ τὰ ἐπὶ γῆς ἐνώσας
τοῖς οὐρανίοις, ἀνελήφθης ἐν δόξῃ,
Χριστε ὁ Θεὸς ἡμῶν, οὐδαμόθεν
χωριζόμενος, ἀλλὰ μένων
ἀδιάστατος, καὶ βοῶν τοῖς ἀγαπῶσί
σε· Ἐγὼ εἰμι μεθ' ὑμῶν, καὶ οὐδεὶς
καθ' ὑμῶν.

FOR THE ASCENSION. MODE IV
You ascended in glory, O Christ our
God...

FOR THE HOLY FATHERS. PLAGAL IV
Supremely blessed are You, O Christ
our God. You established the holy
Fathers upon the earth as beacons,
and through them You have guided
us all to the true Faith, O greatly
merciful One, glory be to You.

FOR OUR PATRON SAINT, MODE III
All the world has you, its mighty
champion, fortifying us in times of
danger, and defeating our foes, O
Victorious One. So, as you humbled
Lyaïos's arrogance by giving courage
to Nestor in the stadium, thus, O
holy Great Martyr Demetrios, to Christ
our God pray fervently, beseeching
Him to grant us His great mercy.

ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΑΣΚΕΝΣΙΩΝ; ΠΛΑΓΑΛ II
When You had fulfilled the
dispensation for our sake, and
united things on earth with the
things in heaven, You were taken up
thither in glory, O Christ our God,
going not away from any place, but
continuing inseparable, and to them
that love You crying out: "I am with
you, and there is, therefore, none
against you."

READING FROM THE APOSTLE: ACTS OF THE APOSTLES 20.16-18, 28-36

Προκείμενον· Εὐλογητὸς εἶ Κύριε ὁ Θεὸς τῶν πατέρων ἡμῶν.

Στίχος· Σῶσον με, Κύριε, ὅτι ἐκκλέλοιπεν ὁσῖος.

Ἐν ταῖς ἡμέραις ἐκείναις, ἔκρινεν ὁ Παῦλος παραπλεῦσαι τὴν Ἔφεσον, ὅπως μὴ
γένηται αὐτῷ χρονοτριβῆσαι ἐν τῇ Ἀσίᾳ· ἔσπευδε γάρ, εἰ δυνατόν ἦν αὐτῷ, τὴν
ἡμέραν τῆς πεντηκοστῆς γενέσθαι εἰς Ἱεροσόλυμα Ἀπὸ δὲ τῆς Μιλήτου πέμψας εἰς

Ἐφεσον μετεκαλέσατο τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὡς δὲ παρεγένοντο πρὸς αὐτόν, εἶπεν αὐτοῖς· Προσέχετε οὖν ἑαυτοῖς καὶ παντὶ τῷ ποιμνίῳ ἐν ᾧ ὑμεῖς τὸ Πνεῦμα τὸ Ἅγιον ἔθετο ἐπισκόπους, ποιμαίνειν τὴν ἐκκλησίαν τοῦ Κυρίου καὶ Θεοῦ, ἣν περιποιήσατο διὰ τοῦ ἰδίου αἵματος. Ἐγὼ γὰρ οἶδα τοῦτο, ὅτι εἰσελεύσονται μετὰ τὴν ἄφιξίν μου λύκοι βαρεῖς εἰς ὑμᾶς μὴ φειδόμενοι τοῦ ποιμνίου· καὶ ἐξ ὑμῶν αὐτῶν ἀναστήσονται ἄνδρες λαλοῦντες διεστραμμένα τοῦ ἀποσπᾶν τοὺς μαθητὰς ὀπίσω αὐτῶν. Διὸ γρηγορεῖτε, μνημονεύοντες ὅτι τριετίαν νύκτα καὶ ἡμέραν οὐκ ἐπαυσάμην μετὰ δακρύων νοουθετῶν ἕνα ἕκαστον. Καὶ τὰ νῦν παρατίθεται ὑμᾶς, ἀδελφοί, τῷ Θεῷ καὶ τῷ λόγῳ τῆς χάριτος αὐτοῦ τῷ δυναμένῳ ἐποικοδομῆσαι καὶ δοῦναι ὑμῖν κληρονομίαν ἐν τοῖς ἡγιασμένοις πᾶσιν. Ἀργυρίου ἢ χρυσίου ἢ ἱματισμοῦ οὐδενὸς ἐπεθύμησα· αὐτοὶ γινώσκετε ὅτι ταῖς χρεῖαις μου καὶ τοῖς οὖσι μετ' ἐμοῦ ὑπηρέτησαν αἱ χεῖρες αὗται πάντα ὑπέδειξα ὑμῖν ὅτι οὕτω κοπιῶντας δεῖ ἀντιλαμβάνεσθαι τῶν ἀσθενούντων, μνημονεύειν τε τῶν λόγων τοῦ Κυρίου Ἰησοῦ, ὅτι αὐτὸς εἶπε· μακάριόν ἐστι μᾶλλον διδόναι ἢ λαμβάνειν. Καὶ ταῦτα εἰπὼν, θεὶς τὰ γόνατα αὐτοῦ σὺν πᾶσιν αὐτοῖς προσηύξατο.

Prokeimenon: Blessed are You, O Lord God of our fathers.

Verse: Save me, O Lord, for the holy man has ceased.

In those days, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: “Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, ‘it is more blessed to give than to receive.’” And when he had spoken thus, he knelt down and prayed with them all.

READING FROM THE GOSPEL: JOHN 17.1-13

Τῷ καιρῷ ἐκείνῳ ἐπάρας ὁ Ἰησοῦς τοὺς ὀφθαλμοὺς αὐτοῦ εἰς τὸν οὐρανὸν, εἶπε· Πάτερ, ἐλήλυθεν ἡ ὥρα· δόξασόν σου τὸν υἱόν, ἵνα καὶ ὁ υἱὸς σου δοξάσῃ σέ, καθὼς ἔδωκας αὐτῷ ἐξουσίαν πάσης σαρκός, ἵνα πᾶν ὃ δέδωκας αὐτῷ

δώσῃ αὐτοῖς ζωὴν αἰώνιον. αὕτη δέ ἐστιν ἡ αἰώνιος ζωή, ἵνα γινώσκωσιν σὲ τὸν μόνον ἀληθινὸν Θεὸν καὶ ὃν ἀπέστειλας Ἰησοῦν Χριστόν. ἐγὼ σε ἐδόξασα ἐπὶ τῆς γῆς, τὸ ἔργον ἐτελειώσα ὃ δέδωκάς μοι ἵνα ποιήσω· καὶ νῦν δόξασόν με σύ, πάτερ, παρὰ σεαυτῷ τῇ δόξῃ ἣ εἶχον πρὸ τοῦ τὸν κόσμον εἶναι παρὰ σοί. Ἐφανερώσά σου τὸ ὄνομα τοῖς ἀνθρώποις οὓς δέδωκάς μοι ἐκ τοῦ κόσμου. σοὶ ἦσαν καὶ ἐμοὶ αὐτοὺς δέδωκας, καὶ τὸν λόγον σου τετηρήκασιν. νῦν ἔγνωκαν ὅτι πάντα ὅσα δέδωκάς μοι παρὰ σοῦ εἰσιν· ὅτι τὰ ῥήματα ἃ ἔδωκάς μοι δέδωκα αὐτοῖς, καὶ αὐτοὶ ἔλαβον καὶ ἔγνωσαν ἀληθῶς ὅτι παρὰ σοῦ ἐξῆλθον, καὶ ἐπίστευσαν ὅτι σύ με ἀπέστειλας. ἐγὼ περὶ αὐτῶν ἐρωτῶ· οὐ περὶ τοῦ κόσμου ἐρωτῶ ἀλλὰ περὶ ὧν δέδωκάς μοι, ὅτι σοί εἰσι, καὶ τὰ ἐμὰ πάντα σὰ ἐστίν καὶ τὰ σὰ ἐμὰ, καὶ δεδόξασμαι ἐν αὐτοῖς. καὶ οὐκέτι εἰμὶ ἐν τῷ κόσμῳ, καὶ αὐτοὶ ἐν τῷ κόσμῳ εἰσὶ, καὶ ἐγὼ πρὸς σὲ ἔρχομαι. Πάτερ ἅγιε, τήρησον αὐτοὺς ἐν τῷ ὀνόματί σου οὓς δέδωκάς μοι, ἵνα ὧσιν ἐν καθὼς ἡμεῖς. ὅτε ἤμην μετ' αὐτῶν ἐν τῷ κόσμῳ, ἐγὼ ἐτήρουν αὐτοὺς ἐν τῷ ὀνόματί σου οὓς δέδωκάς μοι ἐφύλαξα, καὶ οὐδεὶς ἐξ αὐτῶν ἀπώλετο εἰ μὴ ὁ υἱὸς τῆς ἀπωλείας, ἵνα ἡ γραφὴ πληρωθῇ. νῦν δὲ πρὸς σὲ ἔρχομαι, καὶ ταῦτα λαλῶ ἐν τῷ κόσμῳ ἵνα ἔχωσιν τὴν χαρὰν τὴν ἐμὴν πεπληρωμένην ἐν αὐτοῖς.

At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made. I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

- The Church Office is open
Monday –Friday 10:00am-4:00
pm.

- Our office phones are 610-
352-7212 and 610-352-2208.

- If you or a family member are hospitalized or would like a
visit, please let Father Gregory know by calling him at
1-240-676-6944 or email him at: frgrigoris@gmail.com

- The church email is st.demetrios@verizon.net
- The church website is www.saintdemetrios.org



2018 Dues



Family	\$350 Minimum
Single (21 & over)	\$250 Minimum
Retired Couple	\$225 Minimum
Retired Single	\$150 Minimum

Dues and Donations are now accepted through our
website www.saintdemetrios.org

The Dues are from January 1st to December 31st of the current
year.



WE WILL NEVER FORGET



ΠΑΝΑΓΙΑ ΣΟΥΜΕΛΑ
ΠΡΟΣΤΑΤΙΔΑ
ΤΩΝ ΠΟΝΤΙΩΝ