



ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ  
**SAINT DEMETRIOS**  
GREEK ORTHODOX CHURCH + UPPER DARBY, PA



METROPOLIS OF  
NEW JERSEY

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13 ΙΑΝΟΥΑΡΙΟΥ · JANUARY 2019

ΚΥΡΙΑΚΗ ΜΕΤΑ ΤΑ ΦΩΤΑ · SUNDAY AFTER HOLY THEOPHANY

ΕΡΜΥΛΟΥ ΚΑΙ ΣΤΡΑΤΟΝΙΚΟΥ ΜΑΡΤΥΡΩΝ · MARTYRS HERMYLOS & STRATONIKOS

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Ἀθανασίου Ἀρχιερέως · Bishop Athanasios (9 ἡμέρες)

Ἰωάννης Δαλτσῆς · Ioannis Daltsis (40 ἡμέρες)

Ἰωάννης Νικόπουλος · Ioannis Nicopoulos (40 ἡμέρες)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΑΓΙΟΥ ΑΝΤΩΝΙΟΥ ΤΟΥ ΜΕΓΑΛΟΥ · ST. ANTHONY THE GREAT

Πέμπτη, 17 Ἰανουαρίου Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Thursday, 17 January Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΑΘΑΝΑΣΙΟΥ ΚΑΙ ΚΥΡΙΛΛΟΥ ΠΑΤΡΙΑΡΧΩΝ ΑΛΕΞΑΝΔΡΕΙΑΣ · STS. ATHANASIOS & KYRILLOS  
Παρασκευή, 18 Ἰανουαρίου Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Friday, 18 January Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΙΒ΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · 12TH SUNDAY OF LUKE

Κυριακή, 13 Ἰανουαρίου Ὅρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Sunday, 13 January Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

# AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΤΙΦΩΝΟΝ Γ'· ΗΧΟΣ Δ'

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι  
ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος  
αὐτοῦ.

ΑΠΟΛΥΤΙΚΙΟΝ· ΤΗΣ ΕΟΡΤΗΣ· ἮΧΟΣ Α'  
Ἐν Ἰορδάνῃ βαπτιζομένου σου  
Κύριε, ἡ τῆς Τριάδος ἐφανερώθη  
προσκύνησις· τοῦ γὰρ Γεννήτορος ἡ  
φωνὴ προσεμαρτύρει σοι, ἀγαπητόν  
σε Υἱὸν ὀνομάζουσα· καὶ τὸ Πνεῦμα  
ἐν εἵδει περιστερᾶς, ἐβεβαίου τοῦ  
λόγου τὸ ἀσφαλές. Ὁ ἐπιφανεὶς  
Χριστὲ ὁ Θεός, καὶ τὸν κόσμον  
φωτίσας δόξα σοι.

Στίχ. β'. Εἰπάτω δὴ οἶκος Ἰσραὴλ ὅτι  
ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος  
αὐτοῦ.

Ἐν Ἰορδάνῃ βαπτιζομένου σου,  
Κύριε...

Στίχ. γ'. Εἰπάτωσαν δὴ πάντες οἱ  
φοβούμενοι τὸν Κύριον ὅτι ἀγαθός, ὅτι  
εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Ἐν Ἰορδάνῃ βαπτιζομένου σου,  
Κύριε...

ΑΝΑΣΤΑΣΙΜΟΝ· ΠΛΑΓΙΟΣ Δ'

Ἐξ ὕψους κατήλθες ὁ εὖσπλαγχνος,  
ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς  
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ  
ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

ΤΗΣ ΕΟΡΤΗΣ· ἮΧΟΣ Α'

Ἐν Ἰορδάνῃ βαπτιζομένου σου,  
Κύριε...

ANTIPHON III. MODE 4.

Vs. 1: Give thanks to the Lord, for He is  
good; for His mercy endures forever.

ΑΠΟΛΥΤΙΚΙΟΝ. FOR THE FEAST. MODE I  
When You were baptized in the  
Jordan, O Lord, then the worship of  
the Trinity became manifest, for the  
voice of the Father bore witness to  
You, naming You the Beloved Son;  
and the Spirit, in the form of a dove,  
confirmed the certainty of the word.  
O Christ God, who appeared and  
illuminated the world, glory to You.

Vs. 2: Let the house of Israel say that He  
is good, for His mercy endures forever.

When you were baptized in the  
Jordan, O Lord...

Vs. 3: Let all who fear the Lord say that  
He is good, for His mercy endures  
forever.

When you were baptized in the  
Jordan, O Lord...

RESURRECTIONAL HYMN; PLAGAL IV  
You descended from on high, O  
compassionate One, and  
condescended to be buried for three  
days, so that from the passions You  
might set us free. Our life and  
resurrection, O Lord, glory be to You.

FOR THE FEAST; MODE 1

When you were baptized in the  
Jordan, O Lord...

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὔρατο ἐν τοῖς κινδύνοις σὲ  
ὑπέρμαχον ἢ οἰκουμένην, 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 ΕΟΡΤΗΣ· ΗΧΟΣ Δ΄

Ἐπεφάνης σήμερον τῇ οἰκουμένην,  
καὶ τὸ φῶς σου Κύριε, ἐσημειώθη ἐφ'  
ἡμᾶς, ἐν ἐπιγνώσει ὑμνοῦντάς σε.  
Ἦλθες ἐφάνης τὸ Φῶς τὸ ἀπρόσιτον.

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 ΕΟΡΤΗΣ· ΜΟΔΟΣ 4

You appeared today to us on earth, O  
Master, and Your light was signed on  
us who cry aloud to You and say  
with understanding, O Christ our  
God: You came and shone forth, O  
Light unapproachable.

### READING FROM THE APOSTLE: EPHESIANS 4.7-13

Προκείμενον· Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.

Στίχος· Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ.

Ἀδελφοί, ἐνὶ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον τῆς δωρεᾶς τοῦ  
Χριστοῦ. Διὸ λέγει, Ἀναβὰς εἰς ὕψος ἠχμαλώτευσεν αἰχμαλωσίαν, καὶ  
ἔδωκεν δόματα τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ἐστὶν εἰ μὴ ὅτι καὶ κατέβη  
πρῶτον εἰς τὰ κατώτερα μέρη τῆς γῆς; Ὁ καταβάς, αὐτός ἐστιν καὶ ὁ  
ἀναβάς ὑπεράνω πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα. Καὶ αὐτὸς  
ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς δὲ προφήτας, τοὺς δὲ εὐαγγελιστάς,  
τοὺς δὲ ποιμένας καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν τῶν ἁγίων, εἰς  
ἔργον διακονίας, εἰς οἰκοδομὴν τοῦ σώματος τοῦ Χριστοῦ· μέχρι  
καταντήσωμεν οἱ πάντες εἰς τὴν ἐνότητα τῆς πίστεως καὶ τῆς ἐπιγνώσεως  
τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον, εἰς μέτρον ἡλικίας τοῦ πληρώματος  
τοῦ Χριστοῦ.

Prokeimenon: *Let Your mercy, O Lord, be upon us.*

Verse: *Rejoice greatly in the Lord, O righteous ones.*

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he led a host of captives, and he gave gifts to men." (in saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

#### READING FROM THE GOSPEL: MATTHEW 4.12-17

Τῷ καιρῷ ἐκείνῳ, ἀκούσας δὲ ὁ Ἰησοῦς ὅτι Ἰωάννης παρεδόθη, ἀνεχώρησεν εἰς τὴν Γαλιλαίαν, καὶ καταλιπὼν τὴν Ναζαρέτ ἐλθὼν κατώκησεν εἰς Καπερναοὺμ τὴν παραθαλασσίαν ἐν ὁρίοις Ζαβουλὼν καὶ Νεφθαλείμ, ἵνα πληρωθῇ τὸ ῥηθὲν διὰ Ἡσαΐου τοῦ προφήτου λέγοντος· γῆ Ζαβουλὼν καὶ γῆ Νεφθαλείμ, ὁδὸν θαλάσσης, πέραν τοῦ Ἰορδάνου, Γαλιλαία τῶν ἐθνῶν, ὁ λαὸς ὁ καθήμενος ἐν σκότειϊδε φῶς μέγα, καὶ τοῖς καθημένοις ἐν χώρα καὶ σκιᾷ θανάτου φῶς ἀνέτειλεν αὐτοῖς. Ἀπὸ τότε ἤρξατο ὁ Ἰησοῦς κηρύσσειν καὶ λέγειν· μετανοεῖτε· ἤγγικε γὰρ ἡ βασιλεία τῶν οὐρανῶν.

At that time, Jesus heard that John had been arrested, He withdrew into Galilee; and leaving Nazareth He went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles, the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

# Saint Demetrios Greek School

*We invite you all to join us for our*

*Annual Dinner Dance*



**Aloha!**

Saturday

February 2, 2018

7pm-12am

## Donation:

Adults: \$35

Greek School Students & Children Under 2yrs old  
are Free

Non-Greek School Children are \$20

8:00 pm Student Performances

**Music:**

**Master G Entertainment**



Reservations: Dominiki- 610.348.1800 or Reserve During Greek School Hours





## SAINT DEMETRIOS Wellness Series

Tuesdays & Fridays are getting Hotter at St Demetrios- Join us for Fitness & Fun  
It's not just about the kids anymore... get your friends involved too, Greek Mommas and dads.

All you need is a mat, your sneakers and \$10 and we will do the rest.  
Join for the whole series and enter a drawing for a free facial and 30-minute massage!

### **6:30PM @ Church Big Hall**

Let's get our fitness goals ON!!

- Tuesday January 15th- Launch with Greek American Chef and Fitness Instructor to the Main Line Frances Vavloukis from Body X in Bryn Mawr- Cross fit training
- Tuesday January 22nd- Bianca Seeley- the Mini Powerhouse- get your sweat on with Cardio Bootcamp
- Tuesday January 29th- Liz – Cardio Kickboxing super star- bring gloves if you want
- Tuesday, February 5th- Bianca is back- Cardio Bootcamp
- Tuesday, February 12th- Liz - Cardio Kickboxing
- Friday, February 22nd - Anne Marie from Class- Fit studio - Zumba
- Tuesday, February 26th Anne Marie - Barre
- Friday, March 8th – our very own Fitness Guru Maria Lolosidou – Total Body Workout

If you have any questions, **please feel free to call Theodora 610-999-6253**

## ΚΑΤ' ΟΙΚΟΝ ΑΓΙΑΣΜΟΣ

Μετὰ τὰ Θεοφάνεια (6 Ἰαν.) ἀγιάζουμε τὰ σπίτια  
γιὰ τὴν καινούργια χρονιά. Συμπληρώστε αὐτὴν  
τὴν φόρμα γιὰ νὰ κλήσετε ἀγισμό τοῦ σπιτοῦ σας.

Ὄνομα: \_\_\_\_\_

Διεύθυνσις: \_\_\_\_\_

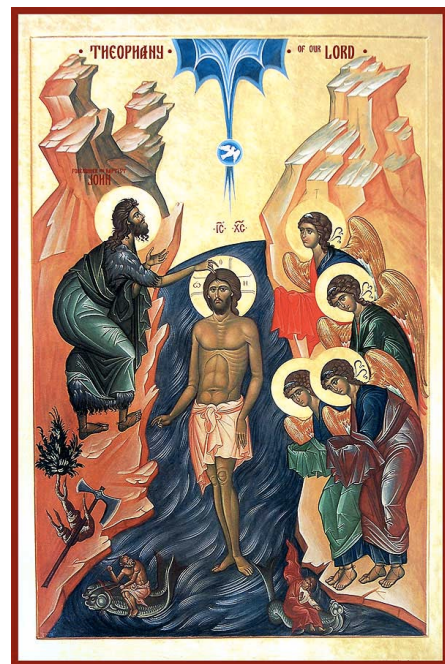
Τηλέφωνον: \_\_\_\_\_

Ἡμέρα/-ες Προτιμήσεως (Κυκλῶστε):

Τρίτη      Τετάρτη      Πέμπτη      Παρασκευή      Σάββατον

Ὥρα/-ες Προτιμήσεως (Κυκλῶστε):

Πρωΐ (10:00 π.μ. - 12:00 μ.μ.)      Ἀπόγευμα (1:00 - 5:00 μ.μ.)      Βράδυ (5:00 - 8:00 μ.μ.)



## House Blessings

After the feast of Theophany (Jan. 6) Orthodox Christians traditionally have their houses blessed for the New Year. To schedule a blessing, fill out and return this form to the Church Office. Fr. Gregory will call to schedule it.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Preferred Day (Circle all that apply):

Tuesday      Wednesday      Thursday      Friday      Saturday

Preferred Time (Circle all that apply):

Morning (10:00 a.m. - 12:00 p.m.)      Afternoon (1:00 - 5:00 p.m.)      Evening (5:00 - 8:00 p.m.)





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## 2019 Annual Dues

**Dues are from Jan. 1  
to Dec. 31.**

Pay Online with a  
Credit Card at

[www.saintdemetrios.org](http://www.saintdemetrios.org)

Yearly or Monthly  
options available.

**Office Hours:**

**Mon-Fri 10am - 4pm**

Κατόπιν απόφασεως  
τῆς Γενικῆς  
Συνελεύσεως τῆς  
Ἑνορίας, ἡ ἐτήσια  
συνδρομὴ ἀνεβαίνει  
φέτος ἀνὰ \$50.

As decided by the  
Parish General  
Assembly, the annual  
dues for 2019 have  
increased by \$50 at  
each level:

Οἰκογένεια/Family  
**\$400**

Ἀγαμος Ἐνήλικας  
Single Adult  
**\$300**

Ζευγάρι Συνταξιούχων  
Retired Couple  
**\$275**

Ἀγαμος Συνταξιούχος  
Retired Single  
**\$200**