



ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ  
**Saint Demetrios**  
GREEK ORTHODOX CHURCH + UPPER DARBY, PA



METROPOLIS OF  
NEW JERSEY

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20 ΙΑΝΟΥΑΡΙΟΥ · JANUARY 2019

ΙΒ΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · 12TH SUNDAY OF LUKE

ΟΣΙΟΥ ΕΥΘΥΜΙΟΥ ΤΟΥ ΜΕΓΑΛΟΥ · ST. EFTHYMIOS THE GREAT

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ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΑΓΙΟΥ ΓΡΗΓΟΡΙΟΥ ΤΟΥ ΘΕΟΛΟΓΟΥ · ST. GREGORY THE THEOLOGIAN

Παρασκευή, 25 Ιανουαρίου    Όρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Friday, 25 January            Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΙΕ΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · 15TH SUNDAY OF LUKE

Κυριακή, 27 Ιανουαρίου    Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Sunday, 27 January           Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

## AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΑΣΤΑΣΙΜΟΝ, ΗΧΟΣ Α΄

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν  
Ἰουδαίων, καὶ στρατιωτῶν  
φυλασσόντων τὸ ἄχραντόν σου  
Σῶμα, ἀνέστης τριήμερος Σωτήρ,  
δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ  
τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν  
ἐβόων σοι ζωοδότα. Δόξα τῇ  
Ἀναστάσει σου Χριστέ, δόξα τῇ  
βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου,  
μόνε φιλόνητο.

ΤΟΥ ΟΣΙΟΥ, ΗΧΟΣ Δ΄

Εὐφραίνου ἔρημος ἢ οὐ τίκτουσα,  
εὐθύμησον ἢ οὐκ ὠδίνουσα· ὅτι  
ἐπλήθυνέ σοι τέκνα, ἀνὴρ ἐπιθυμιῶν  
τῶν τοῦ Πνεύματος, εὐσεβείᾳ  
φυτεύσας, ἐγκρατεία ἐκθρέψας, εἰς  
ἀρετῶν τελειότητα. Ταῖς αὐτοῦ  
ἱκεσίαις, Χριστέ ὁ Θεός, εἰρήνευσον  
τὴν ζωὴν ἡμῶν.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὖρατο ἐν τοῖς κινδύνοις σὲ  
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.

RESURRECTIONAL, MODE I

The stone had been secured with a  
seal by the Judeans, and a guard of  
soldiers was watching Your  
immaculate body. You rose on the  
third day, O Lord and Savior,  
granting life unto the world. For this  
reason were the powers of heaven  
crying out to You, O Life-giver: Glory  
to Your resurrection, O Christ; glory  
to Your kingdom; glory to Your  
dispensation, only One who loves  
mankind.

FOR ST. EFTHYMIOS, MODE IV

Sing, O desolate land that did not  
bear; be encouraged, you who have  
not been in labor. For a man, greatly  
beloved of the Spirit, has multiplied  
your children. He planted them in  
godliness, he reared them in self-  
control, and he raised them to  
perfection in virtue. At his  
intercession, O Christ our God, grant  
peace to our lives.

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.

Ὁ μήτραν παρθενικὴν ἀγιάσας τῷ  
τόκῳ σου, καὶ χειῖρας τοῦ Συμεὼν  
εὐλογήσας ὡς ἔπρεπε, προφθάσας  
καὶ νῦν ἔσωσας ἡμᾶς Χριστὲ ὁ Θεός.  
Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ  
πολίτευμα, καὶ κραταίωσον Βασιλεῖς  
οὓς ἠγάπησας, ὁ μόνος  
φιλόανθρωπος.

You sanctified the virginal womb by  
Your birth, O Lord, and blessed the  
hands of Symeon fittingly, O Christ  
God; and even now You came and  
saved us. Now, give peace to our  
Nation in time of war, and empower  
our Leaders, so loved by You, the  
only one who loves humanity.

READING FROM THE APOSTLE: 2 CORINTHIANS 4.6-15

Προκείμενον· *Καυχῆσονται ὅσοι ἐν δόξῃ.*

Στίχος· Ἄσατε τῷ Κυρίῳ ἄσμα καινόν.

Ἀδελφοί, ὁ Θεὸς ὁ εἰπών, ἐκ σκότους φῶς λάμψαι, ὃ ἔλαμψεν ἐν ταῖς  
καρδίαις ἡμῶν πρὸς φωτισμὸν τῆς γνώσεως τῆς δόξης τοῦ Θεοῦ ἐν  
προσώπῳ Χριστοῦ. Ἐχομεν δὲ τὸν θησαυρὸν τοῦτον ἐν ὀστρακίνοις  
σκεύεσιν, ἵνα ἡ ὑπερβολὴ τῆς δυνάμεως ἢ τοῦ Θεοῦ καὶ μὴ ἐξ ἡμῶν· ἐν  
παντὶ θλιβόμενοι ἀλλ' οὐ στενοχωρούμενοι, ἀπορούμενοι ἀλλ' οὐκ  
ἐξαπορούμενοι, διωκόμενοι ἀλλ' οὐκ ἐγκαταλειπόμενοι, καταβαλλόμενοι  
ἀλλ' οὐκ ἀπολλύμενοι, πάντοτε τὴν νέκρωσιν τοῦ Ἰησοῦ ἐν τῷ σώματι  
περιφέροντες, ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ ἐν τῷ σώματι ἡμῶν φανερωθῇ. Ἀεὶ  
γὰρ ἡμεῖς οἱ ζῶντες εἰς θάνατον παραδιδόμεθα διὰ Ἰησοῦν, ἵνα καὶ ἡ ζωὴ  
τοῦ Ἰησοῦ φανερωθῇ ἐν τῇ θνητῇ σαρκὶ ἡμῶν. Ὡστε ὁ θάνατος ἐν ἡμῖν  
ἐνεργεῖται, ἡ δὲ ζωὴ ἐν ὑμῖν. Ἐχοντες δὲ τὸ αὐτὸ πνεῦμα τῆς πίστεως,  
κατὰ τὸ γεγραμμένον, Ἐπίστευσα, διὸ ἐλάλησα, καὶ ἡμεῖς πιστεύομεν, διὸ  
καὶ λαλοῦμεν, εἰδότες ὅτι ὁ ἐγείρας τὸν Κύριον Ἰησοῦν καὶ ἡμᾶς σὺν  
Ἰησοῦ ἐγερεῖ καὶ παραστήσει σὺν ὑμῖν. Τὰ γὰρ πάντα δι' ὑμᾶς, ἵνα ἡ χάρις  
πλεονάσασα διὰ τῶν πλειόνων τὴν εὐχαριστίαν περισσεύσῃ εἰς τὴν δόξαν  
τοῦ Θεοῦ.

Prokeimenon: *The holy ones shall boast in glory.*

Verse: *Sing to the Lord a new song.*

Brethren, it is the God who said, “Let light shine out of darkness,” who has  
shone in our hearts to give the light of the knowledge of the glory of God  
in the face of Christ. But we have this treasure in earthen vessels, to show  
that the transcendent power belongs to God and not to us. We are

afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believed, and so we speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

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

Τῷ καιρῷ ἐκείνῳ, εἰσερχομένου τοῦ Ἰησοῦ εἰς τινα κώμην ἀπήντησαν αὐτῷ δέκα λεπροὶ ἄνδρες, οἱ ἕστησαν πόρρωθεν, καὶ αὐτοὶ ἤραν φωνὴν λέγοντες· Ἰησοῦ ἐπιστάτα, ἐλέησον ἡμᾶς. καὶ ἰδὼν εἶπεν αὐτοῖς· Πορευθέντες ἐπιδείξατε ἑαυτοὺς τοῖς ἱερεῦσι. καὶ ἐγένετο ἐν τῷ ὑπάγειν αὐτοὺς ἐκαθαρίσθησαν. εἷς δὲ ἐξ αὐτῶν, ἰδὼν ὅτι ἰάθη, ὑπέστρεψε μετὰ φωνῆς μεγάλης δοξάζων τὸν Θεόν, καὶ ἔπεσεν ἐπὶ πρόσωπον παρὰ τοὺς πόδας αὐτοῦ εὐχαριστῶν αὐτῷ· καὶ αὐτὸς ἦν Σαμαρεῖτης. ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπεν· Οὐχὶ οἱ δέκα ἐκαθαρίσθησαν; οἱ δὲ ἑννέα ποῦ; οὐχ εὐρέθησαν ὑποστρέψαντες δοῦναι δόξαν τῷ Θεῷ εἰ μὴ ὁ ἄλλογενὴς οὗτος; καὶ εἶπεν αὐτῷ· Ἀναστὰς πορεύου· ἡ πίστις σου σέσωκέ σε.

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said: "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus's feet, giving Him thanks. Now he was a Samaritan. Then said Jesus: "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him: "Rise and go your way; your faith has made you well."



## 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**



# 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

## ΚΑΤ' ΟΙΚΟΝ ΑΓΙΑΣΜΟΣ

Μετά 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

Ὡρα/-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 ἀποφάσεως  
τῆς Γενικῆς  
Συνελεύσεως τῆς  
Ἐνορίας, 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**

Ἄγαμος Ἐνήλικας  
Single Adult  
**\$300**

Ζευγάρι Συνταξιούχων  
Retired Couple  
**\$275**

Ἄγαμος Συνταξιούχος  
Retired Single  
**\$200**