



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



METROPOLIS OF  
NEW JERSEY

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27 ΙΑΝΟΥΑΡΙΟΥ · JANUARY 2019

ΙΕ΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ (ΤΟΥ ΖΑΚΧΑΙΟΥ) · 15TH SUNDAY OF LUKE (ZACCHAIOS SUNDAY)

ΑΝΑΚΟΜΙΔΗ ΤΟΥ ΛΕΙΨΑΝΟΥ ΤΟΥ ΑΓΙΟΥ ΙΩΑΝΝΟΥ ΤΟΥ ΧΡΥΣΟΣΤΟΜΟΥ

UNCOVERING OF THE RELICS OF ST. JOHN CHRYSOSTOM

ΜΝΗΜΟΣΥΝΟΝ · MEMORIAL SERVICE

Κεκοιμημένα μέλη τῆς Φιλοπτώχου Ἀδελφότητος «Ἁγία Βαρβάρα»  
Departed Members of the Philoptochos Sisterhood “Agia Varvara”

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΤΩΝ ΤΡΙΩΝ ΙΕΡΑΡΧΩΝ · THREE HIERARCHS

Τετάρτη, 30 Ἰανουαρίου      Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Wednesday, 30 January      Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΥΠΑΠΑΝΤΗ ΤΟΥ ΣΩΤΗΡΟΣ · PRESENTATION OF THE LORD IN THE TEMPLE

Σάββατον, 2 Φεβρουαρίου      Ὅρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Saturday, 2 February      Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΙΕ΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · 15TH SUNDAY OF LUKE

Κυριακή, 27 Ἰανουαρίου      Ὅρθρος 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 Β΄

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ  
Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄϊδην  
ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος,  
ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν  
καταχθονίων ἀνέστησας, πᾶσαι αἱ  
Δυνάμεις τῶν ἐπουρανίων  
ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς  
ἡμῶν δόξα σοι.

ΤΟΥ ΙΕΡΑΡΧΟΥ, ΠΛΑΓΙΟΣ Δ΄

Ἡ τοῦ στόματός σου καθάπερ πυρσὸς  
ἐκλάμπασα χάρις, τὴν οἰκουμένην  
ἐφώτισεν· ἀφιλαργυρίας τῷ κόσμῳ  
θησαυροὺς ἐναπέθετο· τὸ ὕψος ἡμῖν  
τῆς ταπεινοφροσύνης ὑπέδειξεν.  
Ἄλλὰ σοῖς λόγοις παιδεύων, Πάτερ  
Ἰωάννη Χρυσόστομε, πρέσβευε τῷ  
Λόγῳ Χριστῷ τῷ Θεῷ, σωθῆναι τὰς  
ψυχὰς ἡμῶν.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὐρατο ἐν τοῖς κινδύνοις σὲ  
ὑπέρμαχον ἡ 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 II

When You descended unto death, O  
Lord who yourself are immortal Life,  
then did You mortify Hades by the  
lightning flash of Your Divinity. Also  
when You raised the dead from the  
netherworld, all the Powers of the  
heavens were crying out: O Giver of  
life, Christ our God, glory to You.

FOR ST. JOHN CHRYSOSTOM, PLAGAL IV

The grace that from your mouth  
shone forth like a torch illumined  
the universe. It deposited in the  
world the treasures of the absence of  
avarice. It showed us the height that  
is attained by humility. Now you  
instruct us by your words, Father  
John Chrysostom. Intercede with  
Christ God, the Word himself,  
entreating Him to save our souls.

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  
Lyaious'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 χεῖρας τοῦ Συμεῶν  
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· Τὸ στόμα μου λαλήσει σοφίαν.

Στίχος· Ἀκούσατε ταῦτα, πάντα τὰ ἔθνη.

Ἀδελφοί, τοιοῦτος ἡμῖν ἔπρεπεν ἀρχιερεύς, ὅσιος, ἄκακος, ἀμίαντος,  
κεχωρισμένος ἀπὸ τῶν ἀμαρτωλῶν καὶ ὑψηλότερος τῶν οὐρανῶν  
γενόμενος, ὃς οὐκ ἔχει καθ' ἡμέραν ἀνάγκην, ὡσπερ οἱ ἀρχιερεῖς,  
πρότερον ὑπὲρ τῶν ἰδίων ἀμαρτιῶν θυσίας ἀναφέρειν, ἔπειτα τῶν τοῦ  
λαοῦ· τοῦτο γὰρ ἐποίησεν ἐφάπαξ ἑαυτὸν ἀνενέγκας. Ὁ νόμος γὰρ  
ἀνθρώπους καθίστησιν ἀρχιερεῖς ἔχοντας ἀσθένειαν, ὁ λόγος δὲ τῆς  
ὀρκωμοσίας τῆς μετὰ τὸν νόμον υἱὸν εἰς τὸν αἰῶνα τετελειωμένον.  
Κεφάλαιον δὲ ἐπὶ τοῖς λεγομένοις, τοιοῦτον ἔχομεν ἀρχιερέα, ὃς ἐκάθισεν  
ἐν δεξιᾷ τοῦ θρόνου τῆς μεγαλωσύνης ἐν τοῖς οὐρανοῖς, τῶν Ἁγίων  
λειτουργὸς καὶ τῆς σκηνῆς τῆς ἀληθινῆς, ἣν ἔπηξεν ὁ Κύριος, καὶ οὐκ  
ἄνθρωπος.

*Prokeimenon: My mouth shall speak wisdom.*

*Verse: Hear this, all you nations.*

Brethren, it was fitting that we should have such a high priest, holy,  
blameless, unstained, separated from sinners, exalted above the heavens.  
He has no need, like those high priests, to offer sacrifices daily, first for  
his own sins and then for those of the people; he did this once for all  
when he offered up himself. Indeed, the law appoints men in their  
weakness as high priests, but the word of the oath, which came later than  
the law, appoints a Son who has been made perfect for ever. Now the  
point in what we are saying is this: we have such a high priest, one who is  
seated at the right hand of the throne of the Majesty in heaven, a minister  
in the sanctuary and the true tent which is set up not by man but by the  
Lord.

READING FROM THE GOSPEL: MATTHEW 4.12-17

Τῷ καιρῷ ἐκείνῳ, διήρχετο ὁ Ἰησοῦς τὴν Ἰεριχώ· καὶ ἰδοὺ ἀνὴρ ὀνόματι καλούμενος Ζακχαῖος, καὶ αὐτὸς ἦν ἀρχιτελώνης, καὶ οὗτος ἦν πλούσιος, καὶ ἐζήτηε ἰδεῖν τὸν Ἰησοῦν τίς ἐστι, καὶ οὐκ ἠδύνατο ἀπὸ τοῦ ὄχλου, ὅτι τῇ ἡλικίᾳ μικρὸς ἦν. καὶ προδραμῶν ἔμπροσθεν ἀνέβη ἐπὶ συκομορέαν, ἵνα ἴδῃ αὐτόν, ὅτι δι' ἐκείνης ἤμελλε διέρχεσθαι. καὶ ὡς ἦλθεν ἐπὶ τὸν τόπον, ἀναβλέψας ὁ Ἰησοῦς εἶδεν αὐτόν καὶ εἶπεν πρὸς αὐτόν· Ζακχαῖε, σπεύσας κατάβηθι· σήμερον γὰρ ἐν τῷ οἴκῳ σου δεῖ με μεῖναι. καὶ σπεύσας κατέβη, καὶ ὑπεδέξατο αὐτόν χαίρων. καὶ ἰδόντες πάντες διεγόγγυζον λέγοντες ὅτι παρὰ ἀμαρτωλῶ ἀνδρὶ εἰσῆλθε καταλῦσαι. σταθεὶς δὲ Ζακχαῖος εἶπε πρὸς τὸν Κύριον· Ἴδου τὰ ἡμίση τῶν ὑπαρχόντων μου, Κύριε, δίδωμι τοῖς πτωχοῖς, καὶ εἴ τινός τι ἐσυκοφάντησα, ἀποδίδωμι τετραπλοῦν. εἶπε δὲ πρὸς αὐτόν ὁ Ἰησοῦς ὅτι σήμερον σωτηρία τῷ οἴκῳ τούτῳ ἐγένετο, καθότι καὶ αὐτὸς υἱὸς Ἀβραάμ ἐστιν· ἦλθε γὰρ ὁ υἱὸς τοῦ ἀνθρώπου ζητῆσαι καὶ σῶσαι τὸ ἀπολωλός.

At that time, Jesus entered Jericho and was passing through. And there was a man named Zacchaios; he was a chief collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he looked up and said to him, “Zacchaios, make haste and come down; for I must stay at your house today.” So he made haste and came down, and received him joyfully. And when they saw it they all murmured, “He has gone in to be the guest of a man who is a sinner.” And Zacchaios stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold.” And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost.”



# GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

### New York Abortion Law

The Very Reverend and Reverend Clergy

Honorable Archons of the Ecumenical Patriarchate, Esteemed Members of the Metropolitan Council, Esteemed Members of the Parish Councils, Philoptochos Sisterhood, Faculty and Students of the Catechetical and Greek Afternoon Schools, Directors and Participants of all Youth Organizations, and all devout Orthodox Christians of the Greek Orthodox Communities of our Holy Metropolis of New Jersey

*“Before I formed you in the womb I knew you,  
before you were born I set you apart” (Jer. 1:5)*

My Beloved in the Lord,

This week the New York legislature, together with the support of the Governor of State of New York, voted and regretfully approved a revision to their abortion statutes which would allow for abortions to take place even up to the end of the term of pregnancy. This new law was passed under the guise of aiding women’s health and defending women’s rights, however, it constitutes nothing short of an expansion of state-sanctioned murder. I, as your Metropolitan, and I am sure all of you, condemn these actions of the State of New York in the strongest terms. One may ask, but that’s in New York? Yes, however, who and what is to stop such a law from being enacted in New Jersey, Delaware, Maryland, Virginia, Pennsylvania, in other words, our Metropolis, and eventually the rest of the Country?

Our Orthodox faith has always maintained that life, in all its forms and at every stage, is sacred. As Orthodox Christians, we believe that from the very moment of conception, we have a soul and we are, thus, human persons. This is evident in Scripture when we hear the words of the Prophet Isaiah, *“Before I was born the Lord called me; from my mother’s womb he has spoken my name” (Is. 49:1)* and those of the Evangelist Luke, *“When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit” (Lk. 1:41)*. This child leaping in the womb, of whom the Evangelist speaks, is St. John the Baptist. Furthermore, we see the Archangel Gabriel appearing to Elizabeth’s husband, Zechariah, months before and announcing the news of John’s conception, *“He will be a joy and delight to you, and many will rejoice because of his birth, for he will be great in the sight of the Lord. He is never to take wine or other fermented drink, and he will be filled with the Holy Spirit even before he is born” (Lk. 1:14-15)*. The Holy Fathers of the Church attest that when a child is conceived it received a soul. One example of this is St. Irenaeus of Lyons when he says, *“But, as each one of us receives his body through the skillful working of God, so does he also possess his*

*soul. For God is not so poor or destitute in resources, that He cannot confer its own proper soul on each individual body, even as He gives it also its special character” (Against Heresies, Book II, Chapter 33).*

Our Orthodox theology of personhood is rich in expressing the reasons for which life is sacred and precious. Principally, it is because we are all made in the image and likeness of God. Each person is endowed by God with a purpose, talents, abilities, and gifts to share with the world and with their Creator. The purposeful destruction of this image is nothing short of an affront to God and this is precisely because God is the Author of Life, not death. Personhood is a gift of which no person has the right to deprive another because we have received and are participants in the personhood of our Creator, acknowledging that our individuality is not entirely our own. This is why the Church stands opposed to any life being taken from another including through abortion, war, and the death penalty.

The New York State Legislature and the Governor of New York have sought to shed a different light on this new law. They seek to make this an issue of reproductive rights. If this were true, however, they would acknowledge that both male and female fetuses develop reproductive organs at two months in the womb and female fetuses have fully developed reproductive organs at five months. Where are their reproductive rights? Even so, their argument about reproductive rights is egregious since no mention is given to human rights, the rights of the child. Furthermore, they seek to make this an issue of the health of the mother. In the tradition of the Church, it has been recognized that if the life of the mother is in danger and the only solution was an involuntary abortion, that it was a lamentable, but an unavoidable and regrettable action. However, the language of the new law is purposefully ambiguous so that doctors and **non-doctors** alike who wish to perform these abortions can perform an abortion if they determine it constitutes a “health risk”, without the law ever clarifying what constitutes a “health risk”.

In reality, this is not an issue about rights, for if it were, all individuals would be considered, both those outside and inside the womb. This is not an issue about health since, if it had been, due diligence would have been taken to define and clarify terms. This is a moral issue about who constitutes a person; a topic of debate this country has encountered far too many times. This is about the fundamental belief that each being has intrinsic value. This is about our basic human character.

My beloved brothers, sisters and children in the Lord, St. Paul tells us, *“Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Eph. 6:12).* Even as we witness these abhorrent acts in a society that has become apathetic to this issue, we must remain faithful to the teachings of the Church. We must proclaim the truth of Christ.

Finally, we must stand firmly in **support of life** for all people both born and in the womb. It is my sincerest hope that you will reflect upon these words and upon the teachings of the Orthodox Church honestly and prayerfully. Furthermore, let us all pray for the souls of the millions of children aborted every year and pray that loving Father in Heaven enlightens the minds of those who perpetuate this human crisis, and may we, the Orthodox Christians remain firm in our Holy Orthodox Faith and vigilant so that we may deal with any ungodly and unholy Bills which may be introduced by our State and U.S. Representatives, and which could affect **LIFE**, our life, our children's lives, both born and unborn, and most certainly, our relationship with the **Source of Life, our Lord and Savior, Jesus Christ, the One who offered His Life so that we and ALL may LIVE.**

With Paternal Love and Blessings,

A handwritten signature in cursive script that reads "Metropolitan Evangelos". The signature is written in black ink and is centered on the page. The background of the signature area is a grid of small, faint text that reads "Signature.doc" and "2/16/10" repeated in a pattern.

† **EVANGELOS**  
**Metropolitan of New Jersey**



# GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

January 23, 2019

The Very Reverend and Reverend Clergy,  
Esteemed Members of the Parish Councils and the Philoptochos Sisterhood,  
Directors/Principals, Teachers and PTO Members of the Afternoon Greek Schools  
And all Greek Orthodox Faithful of the Delaware Valley Region of the  
Greek Orthodox Metropolis of New Jersey

My Beloved in the Lord,

I pray that my letter finds you well. It is with great enthusiasm that I remind you that the Greek Orthodox Metropolis of New Jersey is once again celebrating Greek Letters and the Feast Day of the Three Hierarchs, St. Basil the Great, St. John Chrysostom and St. Gregory the Theologian, the Ecumenical Teachers of our Holy Orthodox Faith and profound supporters of Education. **This Metropolis Celebration for the Delaware Valley Region will take place on Sunday, January 27, 2019, at 4:00pm at the Holy Trinity Greek Orthodox Church in Wilmington, Delaware.**

I invite all of the Greek Orthodox faithful of our Holy Metropolis and encourage all of you to attend this most beautiful celebration as we showcase the students of the area Greek Schools, as they narrate various poems, sing songs, and Greek dance with great pride. In addition, our Metropolis is very blessed and honored to have as the guest speaker for the celebration, Dr. Spiridon Spireas, *Archon Aktouarios*. I look forward to seeing all of you as we gather together for this beautiful event to honor the Three Hierarchs and to celebrate the work of our Greek School Educators and our Greek School Students.

Praying that our loving Lord continues to bless all of you and looking forward to seeing you Wilmington, I remain

With Paternal Love and Blessings

† EVANGELOS  
Metropolitan of New Jersey





## 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.)





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

## 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**