



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



METROPOLIS OF
NEW JERSEY

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6 ΙΑΝΟΥΑΡΙΟΥ · JANUARY 2019
ΤΑ ΑΓΙΑ ΘΕΟΦΑΝΙΑ · HOLY THEOPHANY

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΣΥΝΑΞΙΣ ΤΟΥ ΑΓΙΟΥ ΙΩΑΝΝΟΥ ΤΟΥ ΠΡΟΔΡΟΜΟΥ · ST. JOHN THE BAPTIST

Δευτέρα, 7 Ιανουαρίου Όρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Monday, 7 January Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΚΥΡΙΑΚΗ ΜΕΤΑ ΤΑ ΦΩΤΑ · SUNDAY AFTER THEOPHANY

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

ΒΑΣΙΛΟΠΙΤΑ ΚΑΙ ΓΕΥΜΑ · VASILOPITA & LUNCHEON

Μετά την σημερινήν Θείαν Λειτουργίαν ή Φιλόπτοχος Άδελφότης θά κόψει την Βασιλόπιτα τής ένορίας και θά προθέσει ένα γεϋμα (\$10 τò άτομο) πρòς όφελον τής Άκαδημίας του Άγίου Βασιλείου. · After today's Divine Liturgy, the Philoptochos will host the annual cutting of the parish Vasilopita and a Luncheon to benefit St. Basil's Academy.

ΓΕΥΜΑ ΗΛΙΚΙΩΜΕΝΩΝ · SENIOR CITIZENS LUNCHEON

Τò μηνιαίο γεϋμα για τούς ήλικιωμένους θά γίνει αύτη την Τρίτη, 8 Ιανουαρίου στις 12.00 μ.μ. · The monthly Senior Citizens Luncheon will take place this Tuesday, January 8, at 12.00 p.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 εἴδει περιστερᾶς, ἐβεβαίῳ 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...

ΕΙΣΟΔΙΚΟΝ· ΗΧΟΣ Δ΄

Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου. Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν Ἰορδάνῃ ὑπὸ Ἰωάννου βαπτισθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

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 illumined 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...

ENTRANCE HYMN; MODE IV

Blessed is he who comes in the name of the Lord. God is the Lord, and He revealed Himself to us. Save us, O Son of God, who were baptized in the Jordan by John. we sing to You, Alleluia.

FOR THE FEAST; MODE 1

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

ΚΟΝΤΑΚΙΟΝ ΕΟΡΤΗΣ· ΗΧΟΣ Δ΄

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

KONTAKION OF THEOPHANY; MODE 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.

ΑΝΤΙ ΤΟΥ ΤΡΙΣΑΓΙΟΥ· ΗΧΟΣ Α΄

Ὅσοι εἰς Χριστὸν ἐβαπτίσθητε,
Χριστὸν ἐνεδύσασθε. Ἀλληλούϊα. (ἐκ
γ')

INSTEAD OF THE TRISAGION; MODE I

As many of you as have been
baptized into Christ, you have been
clothed in Christ. Alleluia. (3x)

READING FROM THE APOSTLE: TITUS 2.11-14; 3.4-7

Προκείμενον· Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχος· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Τέκνον Τίτε, ἐπεφάνη ἡ χάρις τοῦ Θεοῦ ἡ σωτήριος πᾶσιν ἀνθρώποις,
παιδεύουσα ἡμᾶς ἵνα ἀρνησάμενοι τὴν ἀσέβειαν καὶ τὰς κοσμικὰς ἐπιθυμίας
σωφρόνως καὶ δικαίως καὶ εὐσεβῶς ζήσωμεν ἐν τῷ νῦν αἰῶνι, προσδεχόμενοι
τὴν μακαρίαν ἐλπίδα καὶ ἐπιφάνειαν τῆς δόξης τοῦ μεγάλου Θεοῦ καὶ
σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ, ὃς ἔδωκεν ἑαυτὸν ὑπὲρ ἡμῶν, ἵνα λυτρώσῃται
ἡμᾶς ἀπὸ πάσης ἀνομίας καὶ καθάρῃ ἑαυτῷ λαὸν περιούσιον, ζηλωτὴν
καλῶν ἔργων. Ὅτε δὲ ἡ χρηστότης καὶ ἡ φιλανθρωπία ἐπεφάνη τοῦ Σωτῆρος
ἡμῶν Θεοῦ, οὐκ ἐξ ἔργων τῶν ἐν δικαιοσύνῃ ἃ ἐποιήσαμεν ἡμεῖς ἀλλὰ κατὰ τὸ
αὐτοῦ ἔλεος ἔσωσεν ἡμᾶς διὰ λουτροῦ παλιγγενεσίας καὶ ἀνακαινώσεως
πνεύματος ἀγίου, οὗ ἐξέχεεν ἐφ' ἡμᾶς πλουσίως διὰ Ἰησοῦ Χριστοῦ τοῦ
σωτῆρος ἡμῶν, ἵνα δικαιωθέντες τῇ ἐκείνου χάριτι κληρονόμοι γενώμεθα
κατ' ἐλπίδα ζωῆς αἰωνίου.

Prokeimenon: *Blessed is he who comes in the name of the Lord.*

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

Titus, my son, the grace of God has appeared for the salvation of all men,
training us to renounce irreligion and worldly passions, and to live sober,
upright, and godly lives in this world, awaiting our blessed hope, the
appearing of the glory of the great God and Savior Jesus Christ, who gave
himself for us to redeem us from all iniquity and to purify for himself a people
of his own who are zealous for good deeds. But when the goodness and loving
kindness of God our Savior appeared, he saved us, not because of deeds done

by us in righteousness, but in virtue of his own mercy, by the washing of regeneration and renewal in the Holy Spirit, which he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life.

READING FROM THE GOSPEL: MATTHEW 3.13-17

Τῷ καιρῷ ἐκείνῳ, παραγίνεται ὁ Ἰησοῦς ἀπὸ τῆς Γαλιλαίας ἐπὶ τὸν Ἰορδάνην πρὸς τὸν Ἰωάννην τοῦ βαπτισθῆναι ὑπ' αὐτοῦ. ὁ δὲ Ἰωάννης διεκώλυεν αὐτὸν λέγων· ἐγὼ χρεῖαν ἔχω ὑπὸ σοῦ βαπτισθῆναι, καὶ σὺ ἔρχῃ πρὸς με; ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπε πρὸς αὐτόν· ἄφες ἄρτι· οὕτω γὰρ πρέπον ἐστὶν ἡμῖν πληρῶσαι πᾶσαν δικαιοσύνην· τότε ἀφήσιν αὐτόν· καὶ βαπτισθεὶς ὁ Ἰησοῦς ἀνέβη εὐθὺς ἀπὸ τοῦ ὕδατος· καὶ ἰδοὺ ἀνεώχθησαν αὐτῷ οἱ οὐρανοί, καὶ εἶδε τὸ Πνεῦμα τοῦ Θεοῦ καταβαῖνον ὡσεὶ περιστερὰν καὶ ἐρχόμενον ἐπ' αὐτόν· καὶ ἰδοὺ φωνὴ ἐκ τῶν οὐρανῶν λέγουσα· οὗτός ἐστιν ὁ υἱός μου ὁ ἀγαπητός, ἐν ᾧ εὐδόκησα.

At that time, Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered him, “Let it be so now; for thus it is fitting for us to fulfill all righteousness.” Then he consented. And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, “This is my beloved Son, with whom I am well pleased.”

ΤΑ ΑΓΙΑ ΘΕΟΦΑΝΕΙΑ

Τα Αγία Θεοφάνεια είναι μία από τις αρχαιότερες εορτές της εκκλησίας μας η οποία θεσπίσθηκε το 2ο αιώνα μ.Χ. και αναφέρεται στη φανέρωση της Αγίας Τριάδας κατά τη βάπτιση του Ιησού Χριστού. Η ιστορία της βάπτισης έχει ως εξής: Μετά από θεία εντολή ο Ιωάννης ο Πρόδρομος εγκατέλειψε την ερημική ζωή και ήλθε στον Ιορδάνη ποταμό όπου κήρυττε και βάπτιζε. Εκεί παρουσιάσθηκε κάποια ημέρα ο Ιησούς και ζήτησε να βαπτισθεί. Ο Ιωάννης, αν και το Άγιο Πνεύμα τον είχε πληροφορήσει ποιος ήταν εκείνος που του ζητούσε να βαπτισθεί, στην αρχή αρνείται να τον βαπτίσει, ισχυριζόμενος ότι ο ίδιος έχει ανάγκη να βαπτισθεί από Εκείνον. Ο Ιησούς όμως του εξήγησε ότι αυτό ήταν το θέλημα του Θεού και τον έπεισε να τον βαπτίσει. Και τότε μπροστά στα έκπληκτα μάτια των θεατών διαδραματίσθηκε μία μοναδική και μεγαλειώδης σκηνή, όταν με την μορφή ενός περιστεριού κατήλθε το Άγιο Πνεύμα και κάθισε επάνω στο βαπτιζόμενο Ιησού, ενώ συγχρόνως ακούσθηκε από τον ουρανό η φωνή του Θεού η οποία έλεγε: «Οὗτος ἐστὶν ὁ Υἱός μου ὁ ἀγαπητός, ἐν ᾧ εὐδόκησα». Από τότε και το Βάπτισμα των χριστιανῶν, δεν είναι «εν ὕδατι», ὅπως το βάπτισμα «μετανοίας» του Ιωάννη, ἀλλὰ «εν Πνεύματι Αγίῳ». Ο Κύριος με το να βαπτιστεῖ αγίασε το νερό, το έκανε νερό αγιασμοῦ και συμφιλίωσης με το Θεό. Έτσι η Βάπτισμα του Κυρίου ἀνοίξε τη θύρα του Μυστηρίου του Βαπτίσματος.



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
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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

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