



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



METROPOLIS OF
NEW JERSEY

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10 ΦΕΒΡΟΥΑΡΙΟΥ · FEBRUARY 2019

ΚΥΡΙΑΚΗ ΤΗΣ ΧΑΝΑΝΑΙΑΣ · SUNDAY OF THE CANAANITE WOMAN
ΤΟΥ ΙΕΡΟΜΑΡΤΥΡΟΣ ΧΑΡΑΛΑΜΠΟΥΣ · HIEROMARTYR HARALAMBOS

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Άθανάσιος Ἐπίσκοπος Κισούμου · Bishop Athanasios of Kisumu (40 ἡμέρες)
Λαμπρινή (Λαμπαδῶ) Βασιλειάδου · Lambrini Vasiliadis (1 ἔτος)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΤΕΛΩΝΟΥ ΚΑΙ ΦΑΡΙΣΑΙΟΥ · SUNDAY OF THE PUBLICAN AND THE PHARISEE
ΤΟΥ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ ΘΕΟΔΩΡΟΥ ΤΟΥ ΤΗΡΩΝΟΣ · ST. THEODORE THE RECRUIT
Κυριακή, 17 Φεβρουαρίου Ὅρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Sunday, 17 February Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΑΣΤΑΣΙΜΟΝ, ΗΧΟΣ Δ΄

Τὸ φαιδρὸν τῆς Ἀναστάσεως
κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι
αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν
προγονικὴν ἀπόφασιν ἀπορρίψασαι,
τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον·
Ἐσκύλευται ὁ θάνατος, ἠγέρθη
Χριστὸς ὁ Θεός, δωρούμενος τῷ
κόσμῳ τὸ μέγα ἔλεος.

ΤΟΥ ΙΕΡΟΜΑΡΤΥΡΟΣ, ΗΧΟΣ Δ΄

Ὡς στῦλος ἀκλόνητος, τῆς
Ἐκκλησίας Χριστοῦ, καὶ λύχνος
ἀείφωτος τῆς οἰκουμένης σοφέ,
ἐδείχθης Χαράλαμπες, ἔλαμψας ἐν
τῷ κόσμῳ, διὰ τοῦ μαρτυρίου,
ἔλυσας τῶν εἰδώλων, τὴν
σκοτόμαιναν μάκαρ· διὸ ἐν παρρησίᾳ
Χριστῷ, πρέσβευε σωθῆναι ἡμας.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὔρατο 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 IV

When the women Disciples of the
Lord had learned from the Angel the
joyful message of the Resurrection
and rejected the ancestral decision,
they cried aloud to the Apostles
triumphantly: Death has been
despoiled, Christ God has risen,
granting His great mercy to the
world.

FOR ST. HARALAMBOS, MODE IV

A pillar unshakable are you in
Christ's holy Church, and, as your
own name denotes, an ever radiant
lamp, all-blessed Haralambos,
shining throughout the whole world
by your feats as a martyr, driving
away the darkness of the worship of
idols. With confidence, therefore,
pray to Christ, 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
Lyaios'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.

Προστασία τῶν Χριστιανῶν
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν
Ποιητὴν ἀμετάθετε, μὴ παρίδης,
ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ
πρόφθασον, ὡς ἀγαθή, εἰς τὴν
βοήθειαν ἡμῶν, τῶν πιστῶς
κραυγαζόντων σοι· Τάχυνον εἰς
πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ
προστατεύουσα ἀεὶ, Θεοτόκε, τῶν
τιμώντων σε.

O Protection of Christians that never
falls, intercession with the Creator
that never fails, we sinners beg you,
do not ignore the voices of our
prayers. O good Lady, we implore
you, quickly come unto our aid,
when we cry out to you with faith.
Hurry to intercession, and hasten to
supplication, O Theotokos who
protect now and ever those who
honor you.

READING FROM THE APOSTLE: 2 TIMOTHY 2.1-10

Προκείμενον· *Εὐφρανθήσεται δίκαιος ἐν Κυρίῳ.*

Στίχος· *Εἰσάκουσον, ὁ Θεός, τῆς φωνῆς μου.*

Τέκνον Τιμόθεε, ἐνδυναμοῦ ἐν τῇ χάριτι τῇ ἐν Χριστῷ Ἰησοῦ. Καὶ ἃ
ἤκουσας παρ' ἐμοῦ διὰ πολλῶν μαρτύρων, ταῦτα παράθου πιστοῖς
ἀνθρώποις, οἵτινες ἱκανοὶ ἔσονται καὶ ἑτέρους διδάξαι. Σὺ οὖν
κακοπάθησον ὡς καλὸς στρατιώτης Ἰησοῦ Χριστοῦ. Οὐδεὶς στρατευόμενος
ἐμπλέκεται ταῖς τοῦ βίου πραγματείαις, ἵνα τῷ στρατολογήσαντι ἀρέση.
Ἐὰν δὲ καὶ ἀθλῆ τις, οὐ στεφανοῦται ἐὰν μὴ νομίμως ἀθλήσῃ. Τὸν
κοπιῶντα γεωργὸν δεῖ πρῶτον τῶν καρπῶν μεταλαμβάνειν. Νόει ἃ λέγω·
δώη γάρ σοι ὁ κύριος σύνεσιν ἐν πᾶσιν. Μνημόνευε Ἰησοῦν Χριστὸν
ἐγγεγερμένον ἐκ νεκρῶν, ἐκ σπέρματος Δαυὶδ, κατὰ τὸ εὐαγγέλιόν μου· ἐν
ᾧ κακοπαθῶ μέχρι δεσμῶν, ὡς κακοῦργος· ἀλλ' ὁ λόγος τοῦ θεοῦ οὐ
δέδεται. Διὰ τοῦτο πάντα ὑπομένω διὰ τοὺς ἐκλεκτούς, ἵνα καὶ αὐτοὶ
σωτηρίας τύχωσιν τῆς ἐν Χριστῷ Ἰησοῦ, μετὰ δόξης αἰωνίου.

Prokeimenon: *The righteous man shall be glad in the Lord.*

Verse: *Hear my voice, O God.*

Timothy, my son, be strong in the grace that is in Christ Jesus, and what
you have heard from me before many witnesses entrust to faithful men
who will be able to teach others also. Share in suffering as a good soldier
of Christ Jesus. No soldier on service gets entangled in civilian pursuits,
since his aim is to satisfy the one who enlisted him. An athlete is not

crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

READING FROM THE GOSPEL: MATTHEW 25.14-30

Τῷ καιρῷ ἐκείνῳ ἐξῆλθεν ὁ Ἰησοῦς εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναanaία ἀπὸ τῶν ὀρίων ἐκείνων ἐξελθοῦσα ἐκραύγασεν αὐτῷ λέγουσα· Ἐλέησόν με, Κύριε, υἱὲ Δαυῖδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτουν αὐτὸν λέγοντες· Ἀπόλυσον αὐτήν, ὅτι κράζει ὄπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραήλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· Ναί, Κύριε, καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψιχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· Ὡ γύναι, μεγάλη σου ἡ πίστις! γεννηθήτω σοι ὡς θέλεις. καὶ ἰάθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But he did not answer her a word. And his disciples came and begged him, saying, “Send her away, for she is crying after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” And he answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their master’s table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.



REGISTER NOW

VACATION CHURCH SCHOOL

Saint Demetrios
Greek Orthodox Church
229 Powell Lane
Broomall, PA 19008

June 17, 2019

to

June 21, 2019

9:00am - 2:00pm

Ages 5 - 12

Everyone welcome!

Please register by May 1, 2019

For more information, call
or email at ilianagiouva@verizon.net
(610) 247-7991

The Twelve Great Feasts, Volume II: Feasts of the Life & Ministry of Christ

CRAFTS MUSIC LESSONS WORSHIP ACTIVITIES SNACKS GAMES DAILY ASSEMBLIES

VCS Registration Form

Parent's Name _____ Phone # _____

Street Address _____ Cell/Emergency # _____

City, State, Zip _____ E-mail address _____

Caregiver's Name _____ Caregiver's Phone # _____

Child's Name Baptismal Name Grade Next Fall Age Birth Date

Church/Parish Affiliation _____

Food allergies or other medical conditions we should be aware of _____

Yes, I would like to help with _____

Mail registration to church office. \$75 first child, \$50 second child, \$25 each additional (incl snack & lunch)

Please enclose \$ _____ per child.



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**

*Join the St. Demetrios Philoptochos for their 35th Annual
Bid-n-Buy*

A Night in Greece

Saturday, March 30th at 5:30pm

Donation \$25

For tickets & information contact:

Katerina Kontodemos 267-515-4605

Eleni Agatsiotis 484-574-1618

Fotoula Stergiou 484-432-8242

Nikki.Kavadias@gmail.com

- 229 Powell Lane, Upper Darby, Pa, 19082-



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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