



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



METROPOLIS OF  
NEW JERSEY

REV. GREGORY GILBERT · PRESIDING PRIEST  
FRGRIGORIS@GMAIL.COM

229 POWELL LANE · UPPER DARBY, PA 19082  
TELEPHONE: 610.352.7212

17 ΦΕΒΡΟΥΑΡΙΟΥ · FEBRUARY 2019

ΤΕΛΩΝΟΥ ΚΑΙ ΦΑΡΙΣΑΙΟΥ · SUNDAY OF THE PUBLICAN & THE PHARISEE

ΕΝΑΡΞΙΣ ΤΟΥ ΤΡΙΩΔΙΟΥ · BEGINNING OF THE TRIODION

ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ ΘΕΟΔΩΡΟΥ ΤΟΥ ΤΗΡΩΝΟΣ · GREAT MARTYR THEODORE THE RECRUIT

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Στέλιος Χαραλάμπους · Stelios Haralambous (3 έτη)

Πρόδρομος Μπουϊκίδης · Prodromos Bouikidis (10 έτη)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΤΟΥ ΑΣΩΤΟΥ · SUNDAY OF THE PRODIGAL SON

Κυριακή, 24 Φεβρουαρίου    Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Sunday, 24 February        Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

## AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΑΣΤΑΣΙΜΟΝ, ΠΛΑΓΙΟΣ Α΄

Τὸν συνάναρχον Λόγον Πατρὶ καὶ  
Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα  
εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν  
πιστοὶ καὶ προσκυνήσωμεν, ὅτι  
ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ  
Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ  
ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ  
Ἀναστάσει αὐτοῦ.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὔρατο ἐν τοῖς κινδύνοις σέ  
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.

ΚΟΝΤΑΚΙΟΝ, ΗΧΟΣ Β΄

Φαρισαίου φύγωμεν ὑψηγορίαν, καὶ  
Τελώνου μάθωμεν, τὸ ταπεινὸν ἐν  
στεναγμοῖς, πρὸς τὸν Σωτῆρα  
κραυγάζοντες· Ἰλαθι μόνε ἡμῖν  
εὐδιάλλακτε.

RESURRECTIONAL, PLAGAL I

Let us worship the Word who is  
unoriginate with the Father and the  
Spirit, and from a Virgin was born for  
our salvation, O believers, and let us  
sing His praise. For in His goodness He  
was pleased to ascend the Cross in the  
flesh, and to undergo death, and to  
raise up those who had died, by His  
glorious Resurrection.

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  
Lyaio'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, MODE II

Let us flee the Pharisee's exalted  
parlance; let us learn the Publican's  
humble demeanor, and with sighs unto  
the Savior cry out and say, "To us be  
gracious, O only forgiving Lord."

### READING FROM THE APOSTLE: 2 TIMOTHY 3.10-15

Προκείμενον· Σύ, Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.  
Στίχος· Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὁσῖος.

Τέκνον Τιμόθεε, παρηκολούθηκάς μου τῇ διδασκαλίᾳ, τῇ ἀγωγῇ, τῇ  
προθέσει, τῇ πίστει, τῇ μακροθυμίᾳ, τῇ ἀγάπῃ, τῇ ὑπομονῇ, τοῖς διωγμοῖς,  
τοῖς παθήμασιν, οἷά μοι ἐγένοντο ἐν Ἀντιοχείᾳ, ἐν Ἰκονίῳ, ἐν Λύστροις·  
οἷους διωγμοὺς ὑπήνεγκα καὶ ἐκ πάντων με ἐρρύσατο ὁ Κύριος. Καὶ  
πάντες δὲ οἱ θέλοντες εὐσεβῶς ζῆν ἐν Χριστῷ Ἰησοῦ διωχθήσονται·  
πονηροὶ δὲ ἄνθρωποι καὶ γόητες προκόψουσιν ἐπὶ τὸ χειρὸν, πλανῶντες

καὶ πλανώμενοι. Σὺ δὲ μένε ἐν οἷς ἔμαθες καὶ ἐπιστώθης, εἰδὼς παρὰ τίνος ἔμαθες, καὶ ὅτι ἀπὸ βρέφους τὰ ἱερὰ γράμματα οἶδας, τὰ δυνάμενά σε σοφίσει εἰς σωτηρίαν διὰ πίστεως τῆς ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν.

*Prokeimenon: You shall guard us, O Lord; You shall preserve us.*

*Verse: Save me, O Lord, for the holy man has ceased.*

Timothy, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

#### READING FROM THE GOSPEL: MATTHEW 25.14-30

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωποι δύο ἀνέβησαν εἰς τὸ ἱερὸν προσεύξασθαι, ὁ εἷς Φαρισαῖος καὶ ὁ ἕτερος τελώνης. ὁ Φαρισαῖος σταθεὶς πρὸς ἑαυτὸν ταῦτα προσηύχετο· ὁ Θεός, εὐχαριστῶ σοι ὅτι οὐκ εἰμι ὡσπερ οἱ λοιποὶ τῶν ἀνθρώπων, ἄρπαγες, ἄδικοι, μοιχοί, ἢ καὶ ὡς οὗτος ὁ τελώνης· νηστεύω δις τοῦ σαββάτου, ἀποδεκατῶ πάντα ὅσα κτῶμαι. καὶ ὁ τελώνης μακρόθεν ἐστὼς οὐκ ἤθελεν οὐδὲ τοὺς ὀφθαλμοὺς εἰς τὸν οὐρανὸν ἐπάραι, ἀλλ' ἔτυπεν εἰς τὸ στήθος αὐτοῦ λέγων· ὁ Θεός, ἰλάσθητί μοι τῷ ἁμαρτωλῷ. λέγω ὑμῖν, κατέβη οὗτος δεδικαιωμένος εἰς τὸν οἶκον αὐτοῦ ἢ γὰρ ἐκεῖνος· ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτὸν ὑψωθήσεται.

The Lord said this parable, “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me a sinner!’ I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”



# 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](mailto: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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

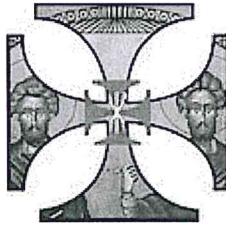
Church/Parish Affiliation \_\_\_\_\_

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.



Philoptochos Society of Saint Demetrios  
Greek Orthodox Church

*February 4, 2019*

*Dear Sister,*

*Our General Assembly meeting of the Philoptochos Society will take place on **Tuesday, February 26, 2019, in the Philoptochos Board room at 6:00 pm, sharp.** We will be addressing our upcoming events, elections and The Bid n' Buy.*

*Please come and join in this celebration of sisterhood.*

*Yours in Christ,*

A handwritten signature in blue ink that reads "Joanne Miskos". The signature is fluid and cursive, with the first name "Joanne" being more prominent than the last name "Miskos".

*Joanne Miskos*

*Upcoming Events*

*Sunday, March 17, 2019*

*Fasolatha luncheon*

*Tuesday thru Saturday March 26, 2019 to March 30, 2019*

*Set up for the Bid n Buy*

*Saturday, March 30, 2019*

*Bid n' Buy*



# LIFE THROUGH DEATH

## AN ORTHODOX REFLECTION WITH FR. JOHN BEHR

St. George Orthodox Church Annual Lenten Retreat Series

Friday March 1

Youth and Young Adult Discussion - 7:00p

“A Christian ending to our life: painless, blameless and peaceful”

Supplication Service to St. David of Wales - 9:30pm

Saturday March 2

Trisagion for Saturday of Souls - 10:00am

Lunch - 11:00am

Session 1 - 12:00pm

Presentation “A Christian Ending: Ministry to the Dying” - 1:30pm

Session 2 - 2:00pm

Vespers 4:00pm

St. George Orthodox Church

8210 W. Chester Pike

Upper Darby, PA 19082

To Register Please Visit:

[Saintgeorgeupperdarby.org](http://Saintgeorgeupperdarby.org)

Or call

610-853-1171

Suggested Donation: \$10/person; or \$25/family





## 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-*