



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

ΤΟΥ ΑΣΩΤΟΥ · SUNDAY OF THE PRODIGAL SON

ΕΥΡΕΣΙΣ ΤΗΣ ΤΙΜΙΑΣ ΚΕΦΑΛΗΣ ΤΟΥ ΙΩΑΝΝΟΥ ΤΟΥ ΠΡΟΔΡΟΜΟΥ

FINDING OF THE HEAD OF ST. JOHN THE BAPTIST

ΔΟΞΟΛΟΓΙΑ ΕΠΙ ΤΗ ΕΠΕΤΕΙΩ ΤΗΣ ΑΠΕΛΕΥΘΕΡΩΣΕΩΣ ΤΩΝ ΙΩΑΝΝΙΝΩΝ

DOXOLOGY FOR THE ANNIVERSARY OF THE LIBERATION OF IOANNINA

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Μαρία Παρτσανάκη · Maria Partsanakis (1 έτος)

Δημήτριος Ρουσάκης · Demetrios Rousakis (4 έτη)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΨΥΧΟΣΑΒΒΑΤΟΝ · SATURDAY OF SOULS

Σάββατον, 2 Μαρτίου

Σάββατον, 2 March

Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.

Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

ΤΟΥ ΑΣΩΤΟΥ · SUNDAY OF THE PRODIGAL SON

Κυριακή, 3 Μαρτίου

Sunday, 3 March

Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.

Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

## AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΑΣΤΑΣΙΜΟΝ, ΠΛΑΓΙΟΣ Β΄

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμά σου,  
καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν,  
καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα  
τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας  
τὸν Ἅϊδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ,  
ὑπήντησας τῇ Παρθένῳ, δωρούμενος  
τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν,  
Κύριε δόξα σοι.

ΤΟΥ ΠΡΟΔΡΟΜΟΥ, ΗΧΟΣ Δ΄

Ἐκ γῆς ἀνατείλασα ἡ τοῦ Προδρόμου  
κεφαλή, ἀκτῖνας ἀφήσει τῆς  
ἀφθαρσίας, πιστοῖς τῶν ἰάσεων,  
ἄνωθεν συναθροίζει, τὴν πληθὺν τῶν  
Ἀγγέλων, κάτωθεν συγκαλεῖται, τῶν  
ἀνθρώπων τὸ γένος, ὁμόφωνον  
ἀναπέμψαι, δόξαν Χριστῷ τῷ Θεῷ.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὔρατο ἐν τοῖς κινδύνοις σέ  
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.

ΚΟΝΤΑΚΙΟΝ, ΗΧΟΣ Β΄

Τῆς πατρῴας, δόξης σου, ἀποσκιρτήσας  
ἀφρόνως, ἐν κακοῖς ἐσκόρπισα, ὃν μοι  
παρέδωκας πλοῦτον· ὅθεν σοι τὴν τοῦ  
Ἄσώτου, φωνὴν κραυγάζω· Ἥμαρτον  
ἐνώπιόν σου Πάτερ οἰκτίρμον, δέξαι με  
μετανοοῦντα, καὶ ποιήσόν με, ὡς ἕνα

RESURRECTIONAL, PLAGAL II

When the angelic powers appeared at  
Your grave, the soldiers guarding it  
feared and became as dead. And  
standing by the sepulcher was Mary  
who was seeking Your immaculate  
body. You devastated Hades, not  
afflicted by it. You went to meet the  
virgin, and granted eternal life. You  
resurrected from the dead. O Lord,  
glory to You.

FOR ST. JOHN THE BAPTIST, MODE IV

The Forerunner's head has risen once  
again from the earth; it sends forth the  
brilliant rays of incorruption and cures  
to the faithful all. Above it has  
assembled the arrays of the Angels;  
below it calls the human race to gather  
together. In unison we offer up glory to  
Christ our God.

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.

ΚΟΝΤΑΚΙΟΝ, MODE II

I revolted senselessly out of Your  
fatherly glory; I have squandered  
sinfully all of the riches You gave me.  
Hence to You, using the Prodigal's  
words, I cry out, I have sinned before  
You, merciful loving Father. O receive

τῶν μισθίων σου.

me in repentance, I pray, and treat me as one of Your hired hands.

READING FROM THE APOSTLE: 2 CORINTHIANS 4.6-15

Προκείμενον· Εὐφρανθήσεται δίκαιος ἐν Κυρίῳ.

Στίχος· Εἰσάκουσον, ὁ Θεός, τῆς φωνῆς μου.

Ἀδελφοί, ὁ Θεὸς ὁ εἰπὼν, ἐκ σκότους φῶς λάμψαι, ὃ ἔλαμψεν ἐν ταῖς καρδίαις ἡμῶν πρὸς φωτισμὸν τῆς γνώσεως τῆς δόξης τοῦ Θεοῦ ἐν προσώπῳ Χριστοῦ. Ἔχομεν δὲ τὸν θησαυρὸν τοῦτον ἐν ὀστρακίνοις σκεύεσιν, ἵνα ἡ ὑπερβολὴ τῆς δυνάμεως ἡ τοῦ Θεοῦ καὶ μὴ ἐξ ἡμῶν· ἐν παντὶ θλιβόμενοι ἀλλ' οὐ στενοχωρούμενοι, ἀπορούμενοι ἀλλ' οὐκ ἐξαπορούμενοι, διωκόμενοι ἀλλ' οὐκ ἐγκαταλείπόμενοι, 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. Ἔχοντες 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 righteous man shall be glad in the Lord.*

*Verse: Hear my voice, O God.*

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: LUKE 15.11-32

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπός τις εἶχε δύο υἱούς. καὶ εἶπεν ὁ νεώτερος αὐτῶν τῷ πατρί· πάτερ, δός μοι τὸ ἐπιβάλλον μέρος τῆς οὐσίας. καὶ διεῖλεν αὐτοῖς τὸν βίον. καὶ μετ' οὐ πολλὰς ἡμέρας συναγαγὼν ἅπαντα ὁ νεώτερος υἱὸς ἀπεδήμησεν εἰς χώραν μακράν, καὶ ἐκεῖ διεσκόρπισεν τὴν οὐσίαν αὐτοῦ ζῶν ἄσώτως. δαπανήσαντος δὲ αὐτοῦ πάντα ἐγένετο λιμὸς ἰσχυρὰ κατὰ τὴν χώραν ἐκείνην, καὶ αὐτὸς ἤρξατο ὑστερεῖσθαι. καὶ πορευθεὶς ἐκολλήθη ἐνὶ τῶν πολιτῶν τῆς χώρας ἐκείνης, καὶ ἔπεμψεν αὐτὸν εἰς τοὺς ἀγροὺς αὐτοῦ βόσκειν χοίρους· καὶ ἐπεθύμει γεμίσει τὴν κοιλίαν αὐτοῦ ἀπὸ τῶν κερατίων ὧν ἤσθιον οἱ χοῖροι, καὶ οὐδεὶς ἐδίδου αὐτῷ. εἰς ἑαυτὸν δὲ ἐλθὼν εἶπε· πόσοι μίσθιοι τοῦ πατρὸς μου περισσεύουσιν ἄρτων, ἐγὼ δὲ λιμῷ ὧδε ἀπόλλυμαι! ἀναστὰς πορεύσομαι πρὸς τὸν πατέρα μου καὶ ἐρῶ αὐτῷ· πάτερ, ἤμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου· οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱὸς σου· ποιήσόν με ὡς ἓνα τῶν μισθίων σου. καὶ ἀναστὰς ἦλθε πρὸς τὸν πατέρα ἑαυτοῦ. ἔτι δὲ αὐτοῦ μακρὰν ἀπέχοντος εἶδεν αὐτὸν ὁ πατήρ αὐτοῦ καὶ ἐσπλαγχνίσθη, καὶ δραμῶν ἐπέπεσεν ἐπὶ τὸν τράχηλον αὐτοῦ καὶ κατεφίλησεν αὐτόν. εἶπε δὲ αὐτῷ ὁ υἱός· πάτερ, ἤμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου, καὶ οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱὸς σου. εἶπε δὲ ὁ πατήρ πρὸς τοὺς δούλους αὐτοῦ· ἔξενέγκατε τὴν στολὴν τὴν πρώτην καὶ ἐνδύσατε αὐτόν, καὶ δότε δακτύλιον εἰς τὴν χεῖρα αὐτοῦ καὶ ὑποδήματα εἰς τοὺς πόδας, καὶ ἐνέγκαντες τὸν μόσχον τὸν σιτευτὸν θύσατε, καὶ φαγόντες εὐφρανθῶμεν, ὅτι οὗτος ὁ υἱός μου νεκρὸς ἦν καὶ ἀνέζησεν, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη. καὶ ἤρξαντο εὐφραίνεσθαι. Ἦν δὲ ὁ υἱὸς αὐτοῦ ὁ πρεσβύτερος ἐν ἀγρῷ· καὶ ὡς ἐρχόμενος ἤγγισε τῇ οἰκίᾳ, ἤκουσε συμφωνίας καὶ χορῶν, καὶ προσκαλεσάμενος ἓνα τῶν παίδων ἐπυνθάνετο τί εἴη ταῦτα. ὁ δὲ εἶπεν αὐτῷ ὅτι ὁ ἀδελφός σου ἦκει, καὶ ἔθυσεν ὁ πατήρ σου τὸν μόσχον τὸν σιτευτὸν, ὅτι ὑγιαίνοντα αὐτὸν ἀπέλαβεν. ὠργίσθη δὲ καὶ οὐκ ἠθέλην εἰσελθεῖν. ὁ οὖν πατήρ αὐτοῦ ἐξελθὼν παρεκάλει αὐτόν. ὁ δὲ ἀποκριθεὶς εἶπε τῷ πατρί· ἰδοὺ τосαῦτα ἔτη δουλεύω σοι καὶ οὐδέποτε ἐντολήν σου παρήλθον, καὶ ἐμοὶ οὐδέποτε ἔδωκας ἔριφον ἵνα μετὰ τῶν φίλων μου εὐφρανθῶ· ὅτε δὲ ὁ υἱός σου οὗτος, ὁ καταφαγὼν σου τὸν βίον μετὰ πορνῶν, ἦλθεν, ἔθυσας αὐτῷ τὸν μόσχον τὸν σιτευτὸν. ὁ δὲ εἶπεν αὐτῷ·

τέκνον, σὺ πάντοτε μετ' ἐμοῦ εἶ, καὶ πάντα τὰ ἐμὰ σά ἐστίν· εὐφρανθῆναι δὲ καὶ χαρῆναι ἔδει, ὅτι ὁ ἀδελφός σου οὗτος νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη.

The Lord said this parable: “There was a man who had two sons; and the younger of them said to his father, ‘Father, give me the share of the property that falls to me.’ And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, ‘How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.’ And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his servants, ‘Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.’ And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, ‘Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.’ But he was angry and refused to go in. His father came out and entreated him, but he answered his father, ‘Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!’ And he said to him, ‘Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”



# 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

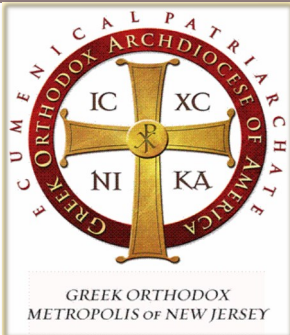
Suggested Donation: \$10/person; or \$25/family





# Lenten Retreat

## “WHY BE ORTHODOX?”



With the blessing of His Eminence Metropolitan Evangelos of New Jersey and the guidance of Father John, the Spiritual Life Ministry is hosting a Lenten Retreat focusing on the theme “Why Be Orthodox?”

### Aristotle Papanikolaou, Ph.D.

Archbishop Demetrios Chair of Orthodox Theology and Culture at Fordham University, and the Co-Director of the Orthodox Christian Studies Center. Senior Fellow at the Emory University Center for the Study of Law and Religion. Author of *The Mystical as Political: Democracy and Non-Radical Orthodoxy*.



- |          |                              |
|----------|------------------------------|
| 8:30 AM  | Orthros                      |
| 9:30 AM  | Liturgy                      |
| 10:30 AM | Registration/Light Breakfast |
| 11:00 AM | Session 1                    |
| 12:00 PM | Lunch                        |
| 12:45 PM | Session 2                    |
| 2:00 PM  | Wrap up                      |

## Saturday, March 9

Where:



### ANNUNCIATION/EVANGELISMOS GREEK ORTHODOX CHURCH

Rev. John L. Johns, Presiding Priest  
7921 Old York Rd. Elkins Park, PA 19027  
215-635-0316 [annnoc.org](http://annnoc.org)

Cost:

Freewill offering

RSVP by March 3:

Church Office      215-635-0316  
[office@annnoc.org](mailto:office@annnoc.org)



## 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-*