



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



METROPOLIS OF
NEW JERSEY

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17 MARTIOY · MARCH 2019

ΤΗΣ ΟΡΘΟΔΟΞΙΑΣ (ΑΝΑΣΤΗΛΩΣΕΩΣ ΤΩΝ ΑΓΙΩΝ ΚΑΙ ΣΕΠΤΩΝ ΕΙΚΟΝΩΝ)
SUNDAY OF ORTHODOXY (RESTORATION OF THE HOLY AND AUGUST ICONS)

ΑΛΕΞΙΟΥ ΤΟΥ ΑΝΘΡΩΠΟΥ ΤΟΥ ΘΕΟΥ · ALEXIOS, MAN OF GOD
ΠΑΤΡΙΚΙΟΥ ΦΩΤΙΣΤΟΥ ΙΡΛΑΝΔΙΑΣ · PATRICK ENLIGHTENER OF IRELAND

ΜΝΥΜΟΣΥΝΟΝ · MEMORIAL SERVICE

Χριστίνα Κόνσουλα · Christina Konsoula (40 ήμέρες)
Ἀντώνιος Ζαχαράτος · Antonios Zacharatos (6 μήνες)
Χριστίνα Βραϊμοπούλου · Christina Vraim (1 χρόνος)
Ἰωάννης Βραϊμόπουλος · John Vraim (24 χρόνια)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 18 Μαρτίου Monday, 18 March	6.00 μ.μ. 6.00 p.m.	ΜΕΓΑ ΑΠΟΔΕΙΠΝΟΝ GREAT COMPLINE
Τετάρτη, 20 Μαρτίου Wednesday, 20 March	5.30, 6.00 μ.μ. 5.30, 6.00 p.m.	9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ 9TH HOUR & PRESANCTIFIED LITURGY
Παρασκευή, 22 Μαρτίου Friday, 22 March	7.00 μ.μ. 7.00 p.m.	2Α ΣΤΑΣΙΣ ΧΑΙΡΕΤΙΣΜΩΝ 2ND SALUTATIONS TO THE THEOTOKOS

ΚΥΡΙΑΚΗ ΤΟΥ ΑΓΙΟΥ ΓΡΗΓΟΡΙΟΥ ΠΑΛΑΜΑ (Β΄ ΤΗΣ ΝΗΣΤΕΙΑΣ)

SUNDAY OF ST. GREGORY PALAMAS (2ND SUNDAY OF LENT)

Κυριακή, 24 Φεβρουαρίου Sunday, 24 February	8.45, 10.00 π.μ. 11.00 π.μ. 8.45, 10.00 a.m. 11.00 a.m.	ΟΡΘΟΣ ΚΑΙ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ ΔΟΞΟΛΟΓΙΑ ΕΠΙ ΤΗ ΕΘΝΙΚΗ ΕΟΡΤΗ ORTHROS AND DIVINE LITURGY DOXOLOGY FOR GREEK INDEPENDENCE
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AT THE ENTRANCE OF THE GOSPEL WE SING...

ΑΝΤΙΦΩΝΟΝ Γ΄· ΗΧΟΣ Β΄

Στίχ. α΄. Αίνεσάτωσαν αὐτὸν οἱ οὐρανοὶ
καὶ ἡ γῆ, θάλασσα καὶ πάντα τὰ ἔρποντα
ἐν αὐτῇ.

ΑΠΟΛΥΤΙΚΙΟΝ· ΤΗΣ ΕΟΡΤΗΣ· ΉΧΟΣ Β΄

Τὴν ἄχραντον Εἰκόνα σου,
προσκυνοῦμεν ἀγαθέ, αἰτούμενοι
συγχώρησιν τῶν πταισμάτων ἡμῶν,
Χριστέ ὁ Θεός· βουλήσει γὰρ
ἡὺδόκησας σαρκί, ἀνελθεῖν ἐν τῷ
Σταυρῷ, ἵνα ῥύσῃ οὓς ἔπλασας, ἐκ τῆς
δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως
βοῶμέν σοι· Χαράς ἐπλήρωσας τὰ
πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος
εἰς τὸ σῶσαι τὸν κόσμον.

Στίχ. β΄. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ
Κύριος· ἀγαλλιασώμεθα καὶ
εὐφρανθῶμεν ἐν αὐτῇ.

Τὴν ἄχραντον Εἰκόνα σου...

ΕΙΣΟΔΟΣ ΕΥΑΓΓΕΛΙΟΥ, ΚΑΙ ΕΠΕΙΤΑ...

ΑΝΑΣΤΑΣΙΜΟΝ· ΗΧΟΣ Α΄

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν
Ἰουδαίων, καὶ στρατιωτῶν
φυλασσόντων τὸ ἄχραντόν σου Σῶμα,
ἀνέστης τριήμερος Σωτὴρ, δωρούμενος
τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ
Δυνάμεις τῶν οὐρανῶν ἐβόων σοι
ζωοδότα. Δόξα τῇ Ἀναστάσει σου
Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ
οἰκονομίᾳ σου, μόνε φιλόανθρωπε.

ΤΗΣ ΕΟΡΤΗΣ· ΉΧΟΣ Β΄

Τὴν ἄχραντον Εἰκόνα σου...

ANTIPHON III. MODE II.

Vs. 1: *Let heaven and earth praise Him, the
seas and everything that moves in them.*

APOLYTIKION. FOR THE FEAST. MODE II.

We venerate Your immaculate icon,
O good Lord, and entreat You to
forgive our offences, O Christ our God.
By Your own choice you were pleased
to ascend the Cross in the flesh, to
deliver us, whom You created, from
our slavery to the foe. Therefore we
cry to You with gratitude: You have
filled all things with joy, O our Savior,
by coming to save the world.

Vs. 2: *This is the day the Lord made; let us
greatly rejoice and be glad therein.*

We venerate Your immaculate icon...

ENTRANCE OF THE GOSPEL, AND THEN...

RESURRECTIONAL; MODE I

The stone had been secured with a seal
by the Judeans, and a guard of soldiers
was watching Your immaculate body.
You rose on the third day, O Lord and
Savior, granting life unto the world.
For this reason were the powers of
heaven crying out to You, O Life-giver:
Glory to Your resurrection, O Christ;
glory to Your kingdom; glory to Your
dispensation, only One who loves
mankind.

FOR THE FEAST; MODE II

We venerate Your immaculate icon...

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὖρατο ἐν τοῖς κινδύνοις σὲ
ὑπέρμαχον ἢ οἰκουμένην, Ἀθλοφόρε,
τὰ ἔθνη τροπούμενον. Ὡς οὖν
Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ
σταδίῳ θαρρύνας τὸν Νέστορα,
οὕτως Ἁγιε, Μεγαλομάρτυς
Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε,
δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

ΚΟΝΤΑΚΙΟΝ, ΠΛΑΓΙΟΣ Δ΄

Τῇ ὑπερμάχῳ στρατηγῷ τὰ
νικητήρια, ὡς λυτρωθεῖσα τῶν
δεινῶν, εὐχαριστήρια, ἀναγράφω σοι
ἡ Πόλις σου, Θεοτόκε· ἄλλ' ὡς
ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ
παντοίων με κινδύνων ἐλευθέρωσον
ἵνα κράζω σοι· Χαῖρε, Νύμφη
ἀνύμφευτε.

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, ΠΛΑΓΑΛ IV

To you, the Champion Leader we
your flock dedicate a feast of victory
and of thanksgiving, as ones rescued
out of suff'rings, O Theotokos. But as
you are one with might that is
invincible, from all dangers that can
be do you deliver us, that we may cry
to you, "Rejoice, O Bride unwedded."

READING FROM THE APOSTLE: HEBREWS 11.24-26, 32-40

Προκείμενον· Εὐλογητὸς εἶ Κύριε ὁ Θεὸς τῶν πατέρων ἡμῶν,
καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας.

Στίχος· Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν,
καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν τὴν τῶν Πατέρων ἡμῶν Ἱερουσαλήμ.

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἡρνήσατο λέγεσθαι υἱὸς θυγατρὸς
Φαραώ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ Θεοῦ ἢ πρόσκαιρον
ἔχειν ἀμαρτίας ἀπόλαυσιν· μείζονα πλοῦτον ἡγησάμενος τῶν Αἰγύπτου
θησαυρῶν τὸν ὀνειδισμόν τοῦ Χριστοῦ· ἀπέβλεπε γὰρ εἰς τὴν μισθαποδοσίαν.
Καὶ τί ἔτι λέγω; Ἐπιλείψει γάρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε
καὶ Σαμψὼν καὶ Ἰεφθάε, Δαυΐδ τε καὶ Σαμουὴλ καὶ τῶν Προφητῶν· οἱ διὰ
πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον
ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον
στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν
πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτρίων· ἔλαβον γυναῖκες ἐξ ἀναστάσεως
τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν
ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ

μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον, περιήλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι, ὧν οὐκ ἦν ἄξιος ὁ κόσμος, ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσι καὶ σπηλαίοις καὶ ταῖς ὁπαῖς τῆς γῆς. Καὶ οὗτοι πάντες μαρτυρηθέντες διὰ τῆς πίστεως οὐκ ἔκομίσαντο τὴν ἐπαγγελίαν, τοῦ Θεοῦ περὶ ἡμῶν κρεῖττόν τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσι.

*Prokeimenon: Blessed are You, O Lord God of our fathers,
for You are praiseworthy and exalted beyond measure unto the ages.*

*Verse: For You are righteous in all You did for us,
all You brought on us and on Jerusalem, the holy city of our fathers.*

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

READING FROM THE GOSPEL: JOHN 1.43-51

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν, καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· Ἀκολουθε μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· Ὁν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὐρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναήλ· Ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· Ἐρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· Ἴδε ἀληθῶς Ἰσραηλῆτης ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναήλ· Πόθεν με γινώσκεις;

ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκὴν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· Ραββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὅψῃ. καὶ λέγει αὐτῷ· Ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγότα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

SYNODIKON OF THE 7TH ECUMENICAL COUNCIL (READ AT THE END OF LITURGY)

Οἱ Προφῆται ὡς εἶδον, οἱ Ἀπόστολοι
ὡς ἐδίδαξαν, ἡ Ἐκκλησία ὡς
παρέλαβεν, οἱ Διδάσκαλοι ὡς
ἐδογμάτισαν, ἡ Οἰκουμένη ὡς
συμπεφώνηκεν, ἡ χάρις ὡς ἔλαμψεν,
ἡ ἀλήθεια ὡς ἀποδέδεικται, τὸ
ψεῦδος ὡς ἀπελήλαται, ἡ σοφία ὡς
ἐπαρρησιάσατο, ὁ Χριστὸς ὡς
ἐβράβευσεν, οὕτω φρονοῦμεν, οὕτω
λαλοῦμεν, οὕτω κηρύσσομεν
Χριστόν τὸν ἀληθινὸν Θεὸν ἡμῶν,
καὶ τοὺς Αὐτοῦ Ἁγίους ἐν λόγοις
τιμῶντες, ἐν συγγραφαῖς, ἐν
νοήμασιν, ἐν θυσίαις, ἐν Ναοῖς, ἐν
Εἰκονίσμασι, τὸν μὲν ὡς Θεὸν καὶ

As the prophets beheld, as the
apostles have taught, as the Church
has received, as the teachers have
declared, as the world has agreed, as
grace has shown forth, as truth has
been revealed, as falsehood has been
dispelled, as wisdom has become
manifest, as Christ awarded; Thus we
declare; thus we affirm; thus we
proclaim Christ our true God, and
honor His saints in words, writings,
thoughts, sacrifices, churches, and
holy icons; On the one hand,
worshiping and reverencing Christ
as God and Lord, and on the other,

Δεσπότην προσκυνοῦντες καὶ
σέβοντες, τοὺς δὲ διὰ τὸν κοινὸν
Δεσπότην ὡς Αὐτοῦ γνησίους
θεράποντας τιμῶντες καὶ τὴν κατὰ
σχέσιν προσκύνησιν ἀπονέμοντες.
Αὕτη ἡ πίστις τῶν Ἀποστόλων, αὕτη
ἡ πίστις τῶν Πατέρων, αὕτη ἡ πίστις
τῶν Ὁρθοδόξων, αὕτη ἡ πίστις τὴν
Οἰκουμένην ἐστήριξεν. Ἐπὶ τούτοις
τοὺς τῆς εὐσεβείας Κήρυκας
ἀδελφικῶς τε καὶ πατροποθήτως εἰς
δόξαν καὶ τιμὴν τῆς εὐσεβείας, ὑπὲρ
ἧς ἀγωνίσαντο, ἀνευφημοῦμεν καὶ
λέγομεν· Τῶν τῆς Ὁρθοδοξίας
προμάχων εὐσεβῶν Βασιλέων,
ἀγιωτάτων Πατριαρχῶν, Ἀρχιερέων,
Διδασκάλων, Μαρτύρων,
Ὁμολογητῶν, Αἰωνία ἡ μνήμη.

(Αἰωνία ἡ μνήμη αὐτῶν. ἐκ γ')

Τούτων τοῖς ὑπὲρ εὐσεβείας μέχρι
θανάτου ἄθλοις τε καὶ ἀγωνίσμασι
καὶ διδασκαλίαις παιδαγωγεῖσθαι τε
καὶ κρατύνεσθαι Θεὸν
ἐκλιπαροῦντες, καὶ μιμητοὶ τῆς
ἐνθέου αὐτῶν πολιτείας μέχρι
τέλους ἀναδεικνύσθαι
ἐκδυσωποῦντες, ἀξιωθείημεν τῶν
ἐξαιτουμένων, οἰκτιρμοῖς καὶ χάριτι
τοῦ Μεγάλου καὶ Πρώτου Ἀρχιερέως
Χριστοῦ τοῦ ἀληθινοῦ Θεοῦ ἡμῶν,
πρεσβείαις τῆς ὑπερενδόξου
Δεσποίνης ἡμῶν Θεοτόκου καὶ
ἀειπαρθένου Μαρίας, τῶν θεοειδῶν
Ἀγγέλων καὶ πάντων τῶν Ἀγίων.

ΜΕΓΑ ΠΡΟΚΕΙΜΕΝΟΝ

Τίς Θεὸς μέγας ὡς ὁ Θεὸς ἡμῶν; Σὺ εἶ
ὁ Θεὸς ὁ ποιῶν θαυμάσια μόνος. (ἐκ
δ')

honoring the saints as true servants
of the same Lord of all, and offering
them proper veneration. This is the
faith of the apostles. This is the faith
of the fathers. This is the faith of the
Orthodox. This is the faith on which
the world is established. Therefore,
with fraternal and filial love we
praise the heralds of the faith, those
who with glory and honor have
struggled for the faith, and we say:
to the champions of Orthodoxy,
faithful emperors, most-holy
patriarchs, hierarchs, teachers,
martyrs, and confessors: May their
memory be eternal.

(*May their memory be eternal. 3x*)

Let us beseech God that we may be
instructed and strengthened by the
trials and struggles of these saints,
which they endured for the faith
even unto death, and by their
teachings, entreating that we may to
the end imitate their godly life. May
we be deemed worthy of obtaining
our requests through the mercy and
grace of the Great and First Hierarch,
Christ our God, through the
intercessions of our glorious Lady,
the Theotokos and ever-virgin Mary,
the divine angels and all the Saints.

GREAT PROKEIMENON

Who is so great a God as our
God? You alone are the God who
does wonders. (4x)



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Sunday of Orthodoxy 2019

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

My Beloved in the Lord,

Every year, at the end of the first week of Holy and Great Lent, we celebrate the feast of the Triumph of Orthodoxy. Every year, the liturgical tradition calls us to reflect with humility and modesty on what it means for our lives today and for the life of our Church. It is not the triumph of a group of people over another group of people. It is not a triumph of one community over another. It is the Triumph of the Divine Truth which allows us to pray in front of icons thanks to the mystery of Christ becoming man and giving His life for us once and for all. Without Christ's incarnation, it would be impossible to pray in front of icons today. Today's feast focuses on the recognition of the legitimacy of venerating icons, not only as sacred art, but as a way of confessing the union in Christ of two natures, divine and human, a union essential for our salvation. Icons are not idols, but the declaration of the true faith. One of the most vivid expressions of this comes from the Second Council of Nicaea in 787 wherein the oros of the council declares, "...it [the depiction of painted icons] *provides confirmation that the becoming man of the Word of God was real and not just imaginary, and it brings us a similar benefit.*"ⁱ

The "similar benefit" of which the Fathers of the Second Council of Nicaea speak must be in reference to two things. First, they refer to the interdependence of the incarnation of Christ and the depiction of images. The Son of God can be depicted in icons because He willingly took on flesh and also the Son of God could become man precisely because He is the uncreated Icon of the Father. The second thing to which the Fathers refer to as a similar benefit stems from this complex, but important element of our theology. Since we were made in the image of God as we see in Genesis, "*Let us make man in our image, according to our likeness*" (Genesis 1:26), we thus share this nature with our Lord. This is indeed profound since it means that each person is endowed with the same image as Christ whose incarnation and, ultimately, resurrection provides us with the path towards complete restoration of our likeness to God.

Historically, we celebrate the restoration of the icons today, but this also means that we celebrate the image that you and I bear. Just as we reverence the icons we have, we should also reverence each other because we contain within ourselves the same image of our God. Especially

in this first week of Holy and Great Lent, we should challenge ourselves to continually look towards our neighbor with love and compassion, recognizing that when we look at them, we are simultaneously looking at Christ. Be generous to those who are less fortunate since we will all be held accountable for our actions towards them as they are the living images of Christ. As we saw in the Gospel reading just two weeks ago, *"for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me"* (Matt. 25:35-36).

This is also why it is essential to acknowledge and support the crucial work of the Philoptochos Sisterhood of the Greek Orthodox Metropolis of New Jersey. Your support is essential and makes a tremendous difference in our sisters' mission. A special offering tray will be passed today in all of the Parishes of our Metropolis so you can actively participate in the fast by helping the poor through your unselfish and generous giving. Our faith is one of love and mercy. Begin this Great Lenten Season by fighting poverty and injustice, and by granting healing to your soul and spirit through your heartfelt financial assistance to our Metropolis of New Jersey Philoptochos Sisterhood. Please support them according to your heart: *"Show me your faith without your works, and I will show you my faith by my works"* (James 2:18). May this Holy and Great Lent bring you many blessings, love, humility, patience and all of the virtues that we need for our salvation, and may we journey together to our Lord's glorious Resurrection with joy, praying for each other and for those in need.

With Paternal Love and Blessings,

A large, stylized handwritten signature in black ink, reading "Metropolitan Evangelos". The signature is written over a background of a grid of small, faint "Signatures.doc" text.

† E V A N G E L O S
Metropolitan of New Jersey

To be read from the Pulpit on Sunday, March 17, 2019

Checks are to be made payable to the GOMNJ Philoptochos Sisterhood



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Μαρτίου 2019

Πρός τόν εὐλαβέστατον Ἱερόν Κλῆρον,
Τούς ἐντιμοτάτους Ἀρχοντας τοῦ Οἰκουμενικοῦ Πατριαρχείου,
Τούς Προέδρους καί τά Μέλη τῶν Ἐκκλησιαστικῶν Συμβουλίων,
Τάς Προέδρους καί τά Μέλη τῶν Φιλοπτώχων Ἀδελφοτήτων,
Τούς διδάσκοντας καί διδασκομένους τῶν Κατηχητικῶν καί Ἑλληνικῶν Σχολείων,
Τάς Ὁργανώσεις τῆς Νεολαίας καί ἅπαν τό Χριστεπώνυμον πλήρωμα τῶν εὐσεβῶν
Ὁρθόδοξων Χριστιανῶν τῆς περιοχῆς Μείζονος Φιλαδελφείας τῆς Ἱερᾶς Μητροπόλεως Νέας Ἱερσέης

Ἀγαπητοί μου ἀδελφοί,

Ἐχοντας ἤδη εἰσέλθει εἰς τήν Ἀγίαν καί Μεγάλην Τεσσαρακοστήν, σύμπας ὁ Ὁρθόδοξος κόσμος προετοιμάζεται διά τήν μεγάλην καί σπουδαίαν Ἑορτήν τοῦ Εὐαγγελισμοῦ τῆς Ὑπεραγίας Θεοτόκου κατὰ τήν 25^{ην} Μαρτίου. Διά τόν Ἑλληνισμόν ὅμως, ἡ ἡμέρα αὕτη εἶναι διπλῶς σημαντική, καθὼς ἐορτάζουμε καί ἐνθυμούμεθα τήν ἀρχήν τοῦ μεγάλου Ἀγῶνος τοῦ 1821, κατὰ τόν ὅποιον οἱ πρόγονοί μας πολέμησαν μας διά τήν δικήν μας ἐλευθερίαν καί ἀνεξαρτησίαν ἀπό τόν Τουρκικόν ζυγόν.

Μέ τήν Χάριν τοῦ Θεοῦ, ἐπιθυμώντας νά τιμήσουμε καί ἐμεῖς τήν Ἐπέτειον τῆς Ἐθνικῆς μας Παλιγγενεσίας καθὼς καί ἐκείνους πού θυσιάσθηκαν κατ' αὐτήν, θά πραγματοποιήσουμε καί φέτος, ὡς γνήσιοι θεματοφύλακες τῶν ἑλληνικῶν μας παραδόσεων, **τήν ἐτήσιαν Παρέλασιν εἰς τήν Φιλαδέλφειαν, τήν Κυριακὴν 7 Ἀπριλίου 2019.** Τό πρωί τῆς Κυριακῆς θά τελεσθεῖ Ἀρχιερατική Θεία Λειτουργία καί Δοξολογία εἰς τόν Ἱερόν Καθεδρικόν Ναόν Ἀγίου Γεωργίου Φιλαδελφείας καί κατὰ τήν 1:00 μ.μ. θά ἀκολουθήσει ἡ Παρέλασις εἰς τήν Λεωφόρον Benjamin Franklin.

Μέ συγκίνησιν σᾶς ἀνακοινῶν ὅτι καί τήν φετινὴν Παρέλασιν θά τιμήσουν μέ τήν παρουσίαν τους μέλη τῆς Ἐθνικῆς Προεδρικῆς Φρουρᾶς τῆς Πατρίδος μας (Εὐζῶνες), οἱ ὅποιοι θά ἐπισκεφθοῦν τήν καθ' ἡμᾶς Ἱεράν Μητρόπολιν καί θά λαμπρύνουν μέ τήν παρουσίαν τους τόν φετινόν ἐορτασμόν τῆς 25^{ης} Μαρτίου εἰς τήν Φιλαδέλφειαν.

Τήν ὅλην διοργάνωσιν διά τήν ὑποδοχήν καί φιλοξενίαν τῶν Εὐζώνων ἐνταῦθα, ἔχει ἀναλάβει ἡ Ὁμοσπονδία Ἑλληνοαμερικανικῶν Σωματείων Μείζονος Φιλαδελφείας, ἡ ὁποία ὅμως χρειάζεται ἀπαραιτήτως καί τήν δικήν μας οἰκονομικὴν βοήθειαν. Γνωρίζω πολὺ καλῶς, ὅτι πάντοτε συμβάλλετε διά τήν ἐπίτευξιν τέτοιων ἱερῶν στόχων καί εἶμαι πεπεισμένος ὅτι δι' ἀκόμη μίαν φορὰν θά βοηθήσετε ἐνισχύοντας τήν Ὁμοσπονδίαν διά τήν κάλυψιν τῶν πολλαπλῶν ἐξόδων πού προκύπτουν λόγῳ τῆς φιλοξενίας τῶν ὑψηλῶν αὐτῶν ἐπισκεπτῶν μας.

Παρακαλῶ θερμῶς ὅπως ἐνισχύσετε αὐτήν τήν ἐθνικοθρησκευτικὴν μας ἐκδήλωσιν διά τῆς συμμετοχῆς σας, τήν οἰκονομικὴν σας προσφορὰν, καί ἐπίσης νά **μεριμνήσητε ὅπως ἐνημερωθῇ ὁ πιστὸς λαὸς τῶν Ἑνοριῶν σας** διά τήν Παρέλασιν καί συμμετάσχη εἰς τὰς Ἑορταστικὰς Ἐκδηλώσεις.

Ο ΜΗΤΡΟΠΟΛΙΤΗΣ

† ὁ Νέας Ἱερσέης ΕΥΑΓΓΕΛΟΣ



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

March, 2019

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 Sisterhoods, 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 Christians of the Greek Orthodox Communities of the Delaware Valley Region of the Greek Orthodox Metropolis of New Jersey

My Beloved,

I pray that my letter finds all of you well experiencing all of God's Heavenly blessings.

It is with much excitement and great pride that I announce that on **Sunday, April 7, 2019 at 1:00pm** the Annual Greek Independence Day Parade will be held in Center City Philadelphia, Pennsylvania, highlighted by the **Presidential Guard of Greece, the EVZONES**, who will honor us once again with their presence. The annual parade grants the opportunity for Hellenes and Philhellenes from throughout the Delaware Valley Region to gather together in celebration of the declaration of independence of the great Hellenic Nation from the oppression of the Ottoman Turks.

It is truly right for us as faithful Greek Orthodox Christians and proud Greek Americans, and/or Americans of Hellenic Descent to together celebrate with enthusiasm and zeal this most significant day in the history of Greece, the mother of the Sciences and Democracy. Therefore, I encourage all of you to participate in and to proudly lead your beloved Communities in the Annual Greek Independence Day Parade. Let us pack the parade route, along the Benjamin Franklin Parkway, with thousands of proud Greek Americans as we demonstrate to the world the importance of liberty, justice and independence.

Praying that you will be strengthened from above during this most holy time of the year through the intercessions of the Most Holy Theotokos, I remain,

With Paternal Love and Blessings,

† EVANGELOS

Metropolitan of New Jersey



**THE FEDERATION OF HELLENIC AMERICAN SOCIETIES
OF PHILADELPHIA AND GREATER DELAWARE VALLEY
PRESENTS**

THE 2019 ELEFThERIA BANQUET

**Honoring
Eleftheria Recipient and Grand Marshal:
Dr Konstantinos Koutras**

**Honorary Marshal:
Kyriakos Mossaides
Pontian Society Akritai**

**THE MERION
1301 ROUTE 130 SOUTH, CINNAMINSON, NJ 08077
(GPS ADDRESS: 1700 WYNWOOD DRIVE, CINNAMINSON NJ)**

**SATURDAY MARCH 30, 2019
4:30 COCKTAILS ~~ 5:30 DINNER**

MUSIC BY: DJ MAKI

\$75.00 PER PERSON

For information call:

President: Georgia Halakos 302.379.4335

Vice President: Georgia Chletcos 610.547.0072

Past President: George Horaitis Esq 856.986.8972

Parade Hotline: 484.452.6106



THE FEDERATION OF HELLENIC-AMERICAN SOCIETIES
OF PHILADELPHIA AND THE GREATER DELAWARE VALLEY

THE PONTIAN GENOCIDE 100 YEAR COMMEMORATION

GREEK INDEPENDENCE DAY PARADE 2019



Eleftheria Recipient and Grand Marshal:
Consul General Of Greece Dr. Konstantinos Koutras

Honorary Marshal:
Kyriakos Mossaides and Pontian Society Akritai

SUNDAY, APRIL 7 at the
BENJAMIN FRANKLIN PARKWAY, PHILADELPHIA
FROM 16TH TO EAKINS OVAL, FORMATION 1:00PM, STEP OFF 2:00PM



Federation President: Georgia Halakos (302) 379-4335
Federation Vice President: Georgia Chletcos (610) 547-0072
Past President: George Horiates, Esq. 856-986-8972
Parade Hotline: (484) 452-6106



TANIA
RAYMONDE

IAN
UDDIN

RAZA
JAFFERY

PATTI
LUPONE
WITH

CHRISTOPHER
AND
PLUMMER

EVERY REVOLUTION BEGINS IN THE HEART.

Set at the dawn of the Greek War of Independence of 1821, “Cliffs of Freedom” is the story of an ill-fated romance between Anna Christina, a young Greek village girl, and Tariq, a conflicted Turkish officer who has doubts about his countrymen’s brutal methods of governance. When their romance brings tragedy to her village, Anna Christina swears revenge against the Turks, joining the Greek rebellion and becoming a fearless rebel legend that inspires her people. Having believed that she could leave her feelings behind, Christina must face off against the man who still loves her and wants to keep her safe, but who has now been tasked with her capture. Their encounters and skirmishes inevitably lead to a tragic confrontation during a pivotal battle between the Greeks and Turks that will change the course of history.

For more information about the film or to view the trailer, visit:

Follow the film for updates:

Instagram: @cliffsoffreedomfilm

Twitter: @cliffsfilm

Facebook: @officialCliffsofFreedomFilm

EVERY REVOLUTION BEGINS IN THE HEART.

CLIFFS OF FREEDOM

[illegible]

IN SELECT THEATERS MARCH 2019



HELLENIC UNIVERSITY CLUB OF PHILADELPHIA

ANNOUNCES 2019-2020 UNIVERSITY / COLLEGE SCHOLARSHIPS FOR STUDENTS OF GREEK DESCENT OR DECLARED MAJORS IN GREEK STUDIES

SCHOLARSHIPS FOR UNDERGRADUATE STUDENTS

Applicants must be enrolled full-time in a degree program at an accredited four-year college or university, or they must be high school seniors accepted for enrollment in such a degree program and have outstanding academic qualifications. Please note that some scholarships have special eligibility requirements.

(a) Scholarships that require demonstrated financial need:

- **Dr. Michael Dorizas Memorial Scholarship**, honoring the late Dr. Michael Dorizas, a widely respected educator, lecturer and athlete. **\$5,000.**
- **Founders Scholarship**, honoring the deceased founders of the Hellenic University Club of Philadelphia. **\$5,000.**
- **Dimitri J. Ververelli Memorial Scholarship for Architecture and/or Engineering**, offered to a qualified student pursuing a degree in the field of Architecture or Engineering. This scholarship was established by Mrs. Anastasia Ververelli to honor her husband, Dimitri J. Ververelli, a past president of the Hellenic University Club of Philadelphia. **\$2,000.**
- **George C. Liacouras Memorial Scholarship**, offered to a qualified student pursuing an undergraduate degree at the Wharton School of the University of Pennsylvania. Established by Mrs. Effie Liacouras, this scholarship honors her husband, George C. Liacouras. **\$5,000.**
- **Theresa A. Chletcos Memorial Scholarship**, offered to a qualified student pursuing an undergraduate degree in the field of education. Established in 2013, this award honors past president and founding member, Theresa A. Chletcos. This scholarship was funded through a bequest of Theresa A. Chletcos and her friends and family. **\$2,000.**
- **Goldie S. Vastardis Memorial Scholarship**, funded by a grant from Mr. Louis Vastardis in memory of his wife. This merit scholarship is awarded to a student whose parents are stewards in good standing of St. Luke Greek Orthodox Church, Broomall, Pennsylvania. **\$2,000.**

(b) Scholarships that do not require any financial information:

- ***Paideia* Scholarship**, a merit scholarship awarded to the child of a Hellenic University Club of Philadelphia member. Parent(s) must be current members in good standing for at least 3 years. **\$5,000.**
- **Cyprus Society Scholarship**, offered by the Cyprus Society of Greater Philadelphia to a student whose family members are in good standing of the Cyprus Society for the past 3 years. **\$2,500.**

SCHOLARSHIPS FOR GRADUATE STUDENTS

Applicants may be senior undergraduates or graduate students pursuing a graduate degree full-time at an accredited university or professional school. Applicants must be enrolled full-time in a graduate degree program or have been accepted to such a program and intend to enroll in Fall 2019. Please note that some scholarships have special eligibility requirements.

(a) The following scholarship does not require any financial information:

- **Dr. Nicholas Padis Memorial Graduate Scholarship**. Academic excellence is the primary consideration for this scholarship. Established in 1986, this annual award honors Philadelphia physician, first president and founding member of the Hellenic University Club of Philadelphia, Dr. Nicholas Padis. **\$5,000.**

(b) Scholarships that require demonstrated financial need:

- **John S. Manos, Esq., Memorial Graduate Scholarship** offered to a qualified student pursuing studies leading to a Juris Doctor (JD) Degree. Established in 2009, this annual award honors John Stanley Manos, Esq., Philadelphia lawyer and long-time member of the Hellenic University Club of Philadelphia. This scholarship is funded by the family and friends of John S. Manos. **\$2,000**

- **Dr. Peter A. Theodos Memorial Graduate Scholarship** offered to a qualified student pursuing studies leading to a Doctor of Medicine (MD) Degree. Established in 1988, this annual award honors Philadelphia physician, past president and founding member of the Hellenic University Club of Philadelphia, Dr. Peter A. Theodos. This scholarship is funded by Mrs. Peter A. Theodos. **\$1,500**
- **Nicholas S. Hetos, DDS, Memorial Scholarship** offered to a qualified student pursuing studies leading to a Doctor of Dental Medicine (DMD) or Doctor of Dental Surgery (DDS) Degree. Established in 2001, this annual award honors Dr. Nicholas S. Hetos, Philadelphia dentist, past president and founding member of the Hellenic University Club of Philadelphia. This scholarship is funded by Dr. Maria G. Hetos. **\$2,000.**
- **Maria Galanos Hetos Graduate Scholarship** offered to a qualified student pursuing studies leading to a Graduate Degree in the field of education or education related studies. The recipient must matriculate in a graduate program of a nationally accredited university or college that has been conferring degrees since 1936, the year the Hellenic University Club of Philadelphia was founded. Established in 2011, this annual award is funded by Maria G. Hetos, EdD, past president and wife of past president and founding member, Nicholas S. Hetos, DDS. **\$2,000.**
- **Kathleen and Nicholas Fisfis Graduate Scholarship** offered to a qualified student pursuing studies leading to a Graduate or Post Graduate Degree in the fields of Science, Technology, Engineering, Mathematics or Medicine. Established in 2016, this annual award is funded by Kathleen and Nicholas Fisfis. **\$5,000.**

SCHOLARSHIPS FOR UNDERGRADUATE OR GRADUATE STUDENTS

These scholarships are offered to either undergraduate or graduate students. Qualifications are as stated above for each category of students.

- **Chios Liberation Memorial Scholarship**, offered by the Chios Society of Philadelphia to qualified students of Chian descent in memory of all those who gave their lives for the liberation of Chios. **\$2,000.** *No financial information needed.*
- **Chios Society of Philadelphia “Koraes” Scholarship**, offered to qualified students of Chian descent in memory and honor of past and present leaders of the Chios Society of Philadelphia. **\$2,000.** *No financial information needed.*
- **Nicholas L. Gianopulos and Antoinette Manos Gianopulos Scholarship** offered to a qualified student pursuing a degree in the fields of civil engineering, architecture, or fine arts. Established in 2019, this annual award honors Nicholas L. Gianopulos and his wife Antoinette Manos Gianopulos. This annual award is funded by Antoinette Gianopulos, friends and family in memory of Nicholas Gianopulos. **\$5,000.** *Preference will be given to candidates who have financial need.*

HOW DO I APPLY FOR A SCHOLARSHIP?

Undergraduate Scholarships:

- Determine eligibility status by visiting <http://hucphiladelphia.org/undergraduate-application/>
- Access and complete the Undergraduate Application on the same site
- Submit the following documents to hucphiladelphia@gmail.com. See application for more specific instructions.
 - Academic transcripts and standardized test scores
 - One letter of recommendation
 - Essay (Chios Society scholarships require an additional essay)
 - Page 1 of FAFSA Student Aid Report (for scholarships with financial need requirements)

Graduate Scholarships:

- Determine eligibility status by visiting <http://hucphiladelphia.org/graduate-application/>
- Access and complete the Graduate Application on the same site
- Submit the following documents to hucphiladelphia@gmail.com. See application for more specific instructions.
 - All academic transcripts from all colleges and universities attended (undergraduate and graduate)
 - Resume
 - Two letters of recommendation
 - Essay
 - Page 1 of FAFSA Student Aid Report (for scholarships with financial need requirements)

WHO IS ELIGIBLE?

Applicants (Graduate and Undergraduate) must be of Greek descent, U.S. citizens or lawful permanent residents of Berks, Bucks, Chester, Delaware, Lancaster, Lehigh, Montgomery or Philadelphia Counties in Pennsylvania; Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester or Salem Counties in New Jersey; New Castle County in Delaware. Students who are declared majors in Greek Studies may also apply, regardless of their heritage.

Applications for these scholarships are available through our website www.hucphiladelphia.org.

APPLICATION AND ALL SUPPORTING DOCUMENTS MUST BE RECEIVED BY MONDAY, APRIL 1, 2019

*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-