



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



METROPOLIS OF  
NEW JERSEY

REV. GREGORY GILBERT · PRESIDING PRIEST  
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3 ΜΑΡΤΙΟΥ · MARCH 2019

ΤΗΣ ΑΠΟΚΡΕΩ · MEATFARE SUNDAY

ΜΑΡΤΥΡΩΝ ΕΥΤΡΟΠΙΟΥ, ΚΛΕΟΝΙΚΟΥ ΚΑΙ ΒΑΣΙΛΙΣΚΟΥ

MARTYRS EUTROPIOS, KLEONIKOS AND BASILISKOS

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Φρειδερίκη Αύτζηπαναγιώτου · Frideriki Avtzipanagiotis (40 ημέρες)

Λεωνίδα Σολδάτος · Leonidas Soldatos (40 ημέρες)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΨΥΧΟΣΑΒΒΑΤΟΝ · SATURDAY OF SOULS

Σάββατον, 9 Μαρτίου

Σάββατον, 9 March

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

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

ΤΗΣ ΤΥΡΙΝΗΣ · CHEESEFARE SUNDAY

Κυριακή, 10 Μαρτίου

Sunday, 10 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, ΗΧΟΣ ΒΑΡΥΣ

Κατέλυσας τῷ Σταυρῷ σου τὸν  
θάνατον, ἠνέωξας τῷ Ληστῇ τὸν  
Παράδεισον, τῶν Μυροφόρων τὸν  
θρήνον μετέβαλες, καὶ τοῖς σοῖς  
Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι  
ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ  
κόσμῳ τὸ μέγα ἔλεος.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὗρατο 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.

ΚΟΝΤΑΚΙΟΝ, ΗΧΟΣ Α΄

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ  
δόξης, καὶ τρέμωσι τὰ σύμπαντα,  
ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ  
βήματος ἔλκη, καὶ βίβλοι  
ἀνοίγωνται, καὶ τὰ κρυπτὰ  
δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ  
πυρὸς τοῦ ἀσβέστου, καὶ ἀξίωσον, ἐκ  
δεξιῶν σου μὲ στήναι, Κριτὰ  
δικαιότατε.

RESURRECTIONAL, GRAVE MODE

By means of Your Cross, O Lord, You  
abolished death. To the robber You  
opened Paradise. The lamentation of  
the myrrh-bearing women You  
transformed, and You gave Your  
Apostles the order to proclaim to all  
that You had risen, O Christ our God,  
and granted the world Your great  
mercy.

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 I

When You come down to the earth,  
O God, in Your glory, all things will  
cower tremulous, and a river of fire  
will draw before Your Judgment  
Seat; the books shall be opened up,  
and public knowledge will things  
hidden be. Rescue me, then, I pray,  
from unquenchable fire, and count  
me worthy to stand at Your right  
hand, O You, the most righteous  
Judge.

## READING FROM THE APOSTLE: 1 CORINTHIANS 8.8-9.2

Προκείμενον· Κύριος ἰσχὺν τῷ λαῷ αὐτοῦ δώσει,  
Κύριος εὐλογήσει τὸν λαὸν αὐτοῦ ἐν εἰρήνῃ.

Στίχος· Ἐνέγκατε τῷ Κυρίῳ, υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησι τῷ Θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε, τὸν ἔχοντα γνῶσιν, ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν. Οὕτω δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; οὐκ εἰμὶ ἐλεύθερος; οὐχὶ Ἰησοῦν Χριστὸν τὸν Κύριον ἡμῶν ἐώρακα; οὐ τὸν ἔργον μου ὑμεῖς ἐστε ἐν Κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμὶ· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν Κυρίῳ.

*Prokeimenon: The Lord will give strength to His people;  
the Lord will bless His people with peace.*

*Verse: Bring to the Lord, O you sons of God, bring to the Lord glory and honor.*

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

## READING FROM THE GOSPEL: LUKE 25.31-46

Εἶπεν ὁ Κύριος· Ὅταν ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ· καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων, ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε, οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν

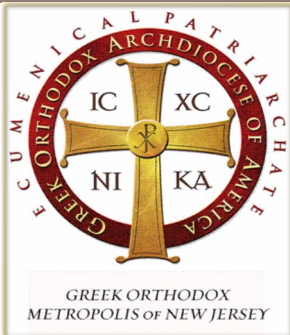
ἀπὸ καταβολῆς κόσμου· ἐπέινασα γὰρ καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ ἐποτίσατέ με, ξένος ἦμην καὶ συνηγάγετέ με, γυμνὸς καὶ περιεβάλετέ με, ἡσθένησα καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην καὶ ἦλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ καὶ ἦλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. Τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἠτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ· ἐπέινασα γὰρ καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην καὶ οὐ συνηγάγετέ με, γυμνὸς καὶ οὐ περιεβάλετέ με, ἀσθενῆς καὶ ἐν φυλακῇ καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

The Lord said, “When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.’ Then he will say to those at his left hand, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?’ Then he will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to me.’ And they will go away into eternal punishment, but the righteous into eternal life.”





# “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-*

**Federation of Hellenic American Societies of Philadelphia and Greater Delaware  
Valley**

**Present**

**2019 Greek Independence Day Celebration**

**Remembering the 100th Anniversary of the Pontian Genocide**

**Program of Events**

**Saturday March 30, 2019**

4:30 P.M.

\$75

**Eleftheria Awards Dinner**

The Merion

1301 Route 130 South

Cinnaminson NJ 08077

(\*GPS address: 1700 Wynwood Drive Cinnaminson, NJ)

**Honorees**

Dr. Konstantinos Koutras, Consul General of Greece

Eleftheria Award & Grand Marshal

Mr. Kyriakos Mossaides, Honorary Marshal

Pontian Society Akritai

**Monday April 1, 2019**

Free

**Pontian Genocide Lecture**

Co-Sponsored by: The Hellenic University Club of Philadelphia

Pontian Society Akritai

History of the Pontian Genocide /Dr. Thomas Savvidis

University of Thessaloniki

Venue: Drexel University New College Building

Geary Auditorium

245 N. 15<sup>th</sup> Street (15<sup>th</sup> and Vine)

Philadelphia, Pa 19102

**Wednesday April 3, 2019**

7:00 PM / \$20

**Greek Film Night**

Co- Sponsored by: The Hellenic University Club of Philadelphia

Greek with English subtitles

**Short Film:**

Pontian Genocide /By: Vassiliki Tsanaktsidou

**Feature Film:**

Jamaica

Venue: Landmark Ritz V

214 Walnut Street

Philadelphia, PA

**Thursday April 4, 2019**

Tickets from \$54

**5<sup>th</sup> Annual Greek Heritage Night at the Sixers**

Sponsored by Philadelphia Greek Basketball League

76'ers vs. Bucks

Wells Fargo Center

3601 South Broad Street

Philadelphia PA

[www.fevo.com](http://www.fevo.com)

**Friday April 5, 2019**

1:00 P.M.

**Opening Ceremonies and Raising of the Greek Flag**

Philadelphia City Hall

1:00 P.M. -1:30 P.M.

Reception

Mayors Reception Room

1:30 P.M.-3:30 P.M.

7:00 P.M

**4<sup>th</sup> Salutations Service**

Presided by His Eminence Metropolitan Evangelos of New Jersey

St. Demetrios Greek Orthodox Church

229 Powell Lane

Upper Darby Pa 19082

**Saturday April 6, 2019**

6:00 P.M.

**Federation Parade Dignitaries Dinner**

TBD

**Sunday April 7, 2019**

9:30 A.M.

**Hierarchical Divine Liturgy and Official Great Doxology**

Presided by His Eminence, Metropolitan Evangelos of New Jersey  
St. George Greek Orthodox Cathedral  
256 South 8<sup>th</sup> Street  
Philadelphia, Pa 19107

12:00 P.M.

**Dignitaries Luncheon**

Coffee Hour Reception

2:00 P.M.

**GREEK INDEPENDENCE DAY PARADE**

Formation Time: 1:00 P.M.  
Starting Time: 2:00 P.M.  
Starting Point: 17<sup>th</sup> and Parkway  
Reviewing Stand: On Parkway prior to Art Museum Drive  
(Inclement Weather Number: 856-665-2085)

4:30 P.M.

**After Parade Reception & Dance Performances**

St. Demetrios Greek Orthodox Church  
229 Powell lane  
Upper Darby, PA 19082  
Hosted by St. Demetrios Greek Orthodox Church

**\*\*\*\*\* Additional Events\*\*\*\*\***

**A 15 minute presentation is available to present to local Greek Schools throughout the month of March on the history of the Pontian Genocide and its importance. All area Greek Schools will be offered this free presentation to their students.**

**This is co-sponsored by the Federation and the Pontian Society**



**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

