



METROPOLIS OF
NEW JERSEY

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

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31 ΜΑΡΤΙΟΥ · MARCH 2019

Γ΄ ΚΥΡΙΑΚΗ ΤΗΣ ΝΗΣΤΕΙΑΣ · 3RD SUNDAY OF LENT
ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΕΩΣ · VENERATION OF THE CROSS
ΥΠΑΤΙΟΥ ΙΕΡΟΜΑΡΤΥΡΟΣ · HYPATIOS THE PRIEST MARTYR

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Γκόλφω Λεωνάρδη · Golfo Leonardis (40 ημέρες)

Κωνσταντίνου Παρασκευοπούλου · Konstantinos Paraskevoroulos (3 χρόνια)

ΑΡΤΟΚΛΑΣΙΑ · BLESSING OF THE LOAVES

80ή Έπέτειος τής Ίδρύσεως του Συλλόγου Ποντίων «Άκρίται»
80th Anniversary of Founding of the Pontian Society "Akritai"

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 1 Απριλίου Monday, 1 April	6.00 μ.μ. 6.00 p.m.	ΜΕΓΑ ΑΠΟΔΕΙΠΝΟΝ GREAT COMPLINE
Τετάρτη, 3 Απριλίου Wednesday, 3 April	9.00 π.μ. 9.00 a.m.	9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ 9TH HOUR & PRESANCTIFIED LITURGY
Παρασκευή, 5 Απριλίου ***Χοροστατούντος του Σεβ. Μητροπολίτου Νέας Ίερσέης κ. Εύαγγελο παρουσία τής Έλληνικης Προεδρικης Φρουρας (των Ευζωνων)*** Friday, 5 April	7.00 μ.μ. 7.00 p.m.	4Η ΣΤΑΣΙΣ ΧΑΙΡΕΤΙΣΜΩΝ 4TH SALUTATIONS TO THE THEOTOKOS ***His Eminence Metropolitan Evangelos of New Jersey presiding, accompanied by the Greek Presidential Guard (the Evzones)***

ΙΩΑΝΝΟΥ ΤΟΥ ΚΛΙΜΑΚΟΣ (Δ΄ ΝΗΣΤΕΙΑΣ) · ST. JOHN OF THE LADDER (4TH SUN. OF LENT)
Κυριακή, 7 Απριλίου
Sunday, 7 April

8.45, 10.00 π.μ. 8.45, 10.00 a.m.	ΟΡΘΟΣ ΚΑΙ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ ORTHROS AND DIVINE LITURGY
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AT THE ENTRANCE OF THE GOSPEL WE SING...

ΑΝΤΙΦΩΝΟΝ Γ΄· ΗΧΟΣ Β΄

Στίχ. α΄. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν
καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν
ποδῶν αὐτοῦ.

ΑΠΟΛΥΤΙΚΙΟΝ· ΤΗΣ ΕΟΡΤΗΣ· ἮΧΟΣ Α΄
Σῶσον, Κύριε, τὸν λαὸν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου,
νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων
δωρούμενος, καὶ τὸ σὸν φυλάττων
διὰ τοῦ Σταυροῦ σου πολίτευμα.

Στίχ. β΄. Σῶσον, ὁ Θεός, τὸν λαόν σου
καὶ εὐλόγησον τὴν κληρονομίαν σου.
Σῶσον, Κύριε, τὸν λαὸν σου...

Στίχ. γ΄. Καὶ ποιῆσον αὐτοὺς καὶ
ἔπαρον αὐτοὺς ἕως τοῦ αἰῶνος.
Σῶσον, Κύριε, τὸν λαὸν σου...

ΕΙΣΟΔΟΣ ΕΥΑΓΓΕΛΙΟΥ, ΚΑΙ ΕΠΕΙΤΑ...

ΑΝΑΣΤΑΣΙΜΟΝ· ΗΧΟΣ Γ΄

Εὐφραινέσθω τὰ οὐράνια,
ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε
κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος,
ἐπάτησε τῷ θανάτῳ τὸν θάνατον,
πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ
κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ
παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

ΤΗΣ ΕΟΡΤΗΣ· ἮΧΟΣ Α΄

Σῶσον, Κύριε, τὸν λαὸν σου...

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 Ἄγιε, Μεγαλομάρτυς

ANTIPHON III. MODE II.

Vs. 1: *Exalt the Lord our God, and
worship at the footstool of His feet.*

APOLYTIKION. FOR THE FEAST. MODE I.

Save, O Lord, Your people and
bless Your inheritance, granting
victory to the faithful over the
enemy, and by Your Cross protecting
Your commonwealth.

Vs. 2: *O God, save Your people, and bless
Your inheritance.*

Save, O Lord, Your people...

Vs. 3: *And shepherd them, and raise
them up forever.*

Save, O Lord, Your people...

ENTRANCE OF THE GOSPEL, AND THEN...

RESURRECTIONAL; MODE III

Let the heavens sing for joy, and let
everything on earth be glad. For
with His Arm the Lord has worked
power. He trampled death under foot
by means of death; and He became
the firstborn from the dead. From
the maw of Hades He delivered us;
and He granted the world His great
mercy.

FOR THE FEAST; MODE I

Save, O Lord, Your people...

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,

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.

ΑΝΤΙ ΤΟΥ ΤΡΙΣΑΓΙΟΥ

Τὸν Σταυρὸν σου προσκυνοῦμεν,
Δέσποτα, καὶ τὴν ἀγίαν σου
ἀνάστασιν δοξάζομεν.

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."

INSTEAD OF "HOLY GOD"

Before Your Cross, we bow down, O
Master, and Your holy resurrection
we glorify.

READING FROM THE APOSTLE: HEBREWS 4.14-5.6

Προκείμενον· Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχος· Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

Ἀδελφοί, ἔχοντες Ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν
Υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ
δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειρασμένον δὲ κατὰ πάντα
καθ' ὁμοιότητα χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ
τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὕρωμεν εἰς εὐκαιρον βοήθειαν.
Πᾶς γὰρ Ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται
τὰ πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν·
μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς
περίκειται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ
περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν
τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ ὁ Ἀαρών. Οὕτω καὶ ὁ
Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν·
Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ
ιερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Prokeimenon: O Lord, save Your people, and bless Your inheritance.

Verse: To You, O Lord, I cry; O my God, may You not pass over me in silence.

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, *“Thou art my Son, today I have begotten thee”*; as he says also in another place, *“Thou art a priest for ever, after the order of Melchizedek.”*

READING FROM THE GOSPEL: MARK 8.34-9.1

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἂν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· Ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες ὧδε τῶν ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

**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. 15th Street (15th 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

5th 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

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

4th 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 8th 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: 17th 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 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

