



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

7 ΑΠΡΙΛΙΟΥ · APRIL 2019

Δ΄ ΚΥΡΙΑΚΗ ΤΗΣ ΝΗΣΤΕΙΑΣ · 4TH SUNDAY OF LENT

ΟΣΙΟΥ ΙΩΑΝΝΟΥ ΤΟΥ «ΚΛΙΜΑΚΟΣ» · ST. JOHN OF THE LADDER

ΑΓ. ΚΑΛΛΙΟΠΙΟΥ ΜΑΡΤΥΡΟΣ · ST. KALLIOPIOS, MARTYR

ΟΣΙΟΥ ΓΕΩΡΓΙΟΥ ΜΗΤΡ. ΜΥΤΙΛΗΝΗΣ · ST. GEORGE, METR. OF MYTILINI

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 8 Ἀπριλίου Monday, 8 April	6.00 μ.μ. 6.00 p.m.	ΜΕΓΑ ΑΠΟΔΕΙΠΝΟΝ GREAT COMPLINE
Τετάρτη, 10 Ἀπριλίου Wednesday, 10 April	5.30, 6.00 μ.μ. 5.30, 6.00 p.m.	9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ 9TH HOUR & PRESANCTIFIED LITURGY
Παρασκευή, 12 Ἀπριλίου Friday, 12 April	7.00 μ.μ. 7.00 p.m.	ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ (ΠΛΗΡΗΣ) AKATHIST HYMN (IN FULL)
ΟΣΙΑΣ ΜΑΡΙΑΣ ΤΗΣ ΑΙΓΥΠΤΙΑΣ (Ε΄ ΝΗΣΤΕΙΑΣ) · ST. MARY OF EGYPT (5TH SUN. OF LENT) Κυριακή, 14 Ἀπριλίου Sunday, 14 April	8.45, 10.00 π.μ. 8.45, 10.00 a.m.	ΟΡΘΟΣ ΚΑΙ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ ORTHROS AND DIVINE LITURGY

AT THE ENTRANCE OF THE GOSPEL WE SING...

ΑΝΑΣΤΑΣΙΜΟΝ· ΗΧΟΣ Δ΄

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ
Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν
ἀπόφασιν ἀπορρίψασαι, τοῖς
Ἀποστόλοις καυχώμεναι ἔλεγον·
Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς
ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα
ἔλεος.

ΤΟΥ ΟΣΙΟΥ· ΠΛΑΓΙΟΣ Δ΄

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς
ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς
πόνους ἐκαρποφόρησας, καὶ γέγονας
φωστήρ τῇ οἰκουμένῃ, λάμπων τοῖς
θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν
ὄσιε, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

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, 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.

RESURRECTIONAL· MODE IV

When the women Disciples of the Lord
had learned from the Angel the joyful
message of the Resurrection and
rejected the ancestral decision, they
cried aloud to the Apostles
triumphantly: Death has been
despoiled, Christ God has risen,
granting His great mercy to the world.

FOR ST. JOHN OF THE LADDER; PLAGAL IV

With the rivers of your tears you made
the barren desert bloom; and with
your sighs from deep within, you made
your labors bear their fruits a
hundredfold; and you became a star,
illuminating the world by your
miracles, O John, our devout father.
Intercede with Christ our God, for the
salvation of our souls.

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
Lyaaios' 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 6.13-20

Προκείμενον· Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

Στίχος· Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον. Κύριε ὁ Θεός μου, ἐμεγαλύνθησ σφόδρα.

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ Θεός, ἐπεὶ κατ' οὐδενὸς εἶχε μείζονος ὁμόσαι, ὥμοσε καθ' ἑαυτοῦ, λέγων· ἢ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος· ἐν ᾧ περισσότερον βουλόμενος ὁ Θεός ἐπιδείξει τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ, Ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Prok.: O Lord, Your works shall be magnified greatly; You made all things in wisdom.

Verse: Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly.

Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

READING FROM THE GOSPEL: MARK 9.17-31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· Διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σέ, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· Ὡ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτόν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· Πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν

αὐτῷ; ὁ δὲ εἶπε· Παιδίόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ· Τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατήρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· Πιστεύω, Κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος ἐπέτιμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· Τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· Τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γινῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι Ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

At that time, a man came to Jesus kneeling and saying: “Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” And he answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” And Jesus said to him, “If you can! All things are possible to him who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ ΚΑΙ ΠΑΣΧΑ 2019

Η ΑΝΑΣΤΑΣΙΣ ΤΟΥ ΛΑΖΑΡΟΥ Σάββατον, 20 Ἀπριλίου	9.00 π.μ. 10.00 π.μ.	Ὁρθρος Θεία Λειτουργία
ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ Κυριακή, 21 Ἀπριλίου	9.00 π.μ. 10.00 π.μ. 7.00 μ.μ.	Ὁρθρος Θεία Λειτουργία Α΄ Ὁρθρος τοῦ Νυμφίου
ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ Δευτέρα, 22 Ἀπριλίου	9.00 π.μ. 7.00 μ.μ.	Θ΄ Ὁρα καὶ Προηγιασμένη Θεία Λειτουργία Β΄ Ὁρθρος τοῦ Νυμφίου
ΜΕΓΑΛΗ ΤΡΙΤΗ Τρίτη, 23 Ἀπριλίου	9.00 π.μ. 7.00 μ.μ.	Θ΄ Ὁρα καὶ Προηγιασμένη Θεία Λειτουργία Γ΄ Ὁρθρος τοῦ Νυμφίου μὲ τὸ τροπάριον τῆς Κασσιανῆς
ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ Τετάρτη, 24 Ἀπριλίου	9.00 π.μ. 4.00 μ.μ. 7.00 μ.μ.	Θ΄ Ὁρα καὶ Προηγιασμένη Θεία Λειτουργία Μυστήριον τοῦ Εὐχελαίου Ὁρθρος τοῦ Νιπτῆρος μὲ χρίση Εὐχελαίου
ΜΕΓΑΛΗ ΠΕΜΠΤΗ Πέμπτη, 25 Ἀπριλίου	8.00 π.μ. 7.00 μ.μ.	Θ΄ Ὁρα καὶ Ἑσπερινὴ Λειτουργία Ἁγ. Βασιλείου (Ὁ Μυστικὸς Δεῖπνος) Ὁρθρος τῶν Παθῶν τοῦ Κυρίου (12 Εὐαγγέλια)
ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ Παρασκευή, 26 Ἀπριλίου	9.00 π.μ. 3.00 μ.μ. 7.00 μ.μ.	Βασιλικαὶ Ὁραι Ἑσπερινὸς τῆς Ἀποκαθηλώσεως Ὁρθρος τοῦ Ἐπιταφίου Θρήνου (Ἐγκώμια) μὲ περιφορὰν τοῦ Ἐπιταφίου
ΜΕΓΑ ΣΑΒΒΑΤΟΝ Σάββατον, 27 Ἀπριλίου	9.00 π.μ. 11.00 μ.μ.	Θ΄ Ὁρα καὶ Ἑσπερινὴ Λειτουργία Ἁγ. Βασιλείου (1η Ἀνάστασις) Παννουχίς τοῦ Πάσχα
ΜΕΓΑ ΚΑΙ ΑΓΙΟΝ ΠΑΣΧΑ Κυριακή, 28 Ἀπριλίου	12.00 π.μ. 11.00 π.μ.	Ἀκολουθία Ἀναστάσεως μὲ Θεία Λειτουργία Ἑσπερινὸς τῆς Ἀγάπης
ΑΓ. ΓΕΩΡΓΙΟΥ ΤΟΥ ΤΡΟΠΑΙΟΦΟΡΟΥ Δευτέρα, 29 Ἀπριλίου	9.00 π.μ. 10.00 π.μ.	Ὁρθρος Θεία Λειτουργία

SCHEDULE OF SERVICES FOR HOLY WEEK AND PASCHA 2019

LAZARUS SATURDAY Saturday, 20 April	9.00 a.m. 10.00 a.m.	Orthros Divine Liturgy
PALM SUNDAY Sunday, 21 April	9.00 a.m. 10.00 a.m. 7.00 p.m.	Orthros Divine Liturgy 1st Orthros of the Bridegroom
GREAT & HOLY MONDAY Monday, 22 April	9.00 a.m. 7.00 p.m.	9th Hour & Presanctified Liturgy 2nd Orthros of the Bridegroom
GREAT & HOLY TUESDAY Tuesday, 23 April	9.00 a.m. 7.00 p.m.	9th Hour & Presanctified Liturgy 3rd Orthros of the Bridegroom (Hymn of Kassiani)
GREAT & HOLY WEDNESDAY Wednesday, 24 April	9.00 a.m. 4.00 p.m. 7.00 p.m.	9th Hour & Presanctified Liturgy Service of Holy Unction (Evchelaion) Orthros of the Niptiros with Anointing of Evchelaion
GREAT & HOLY THURSDAY Thursday, 25 April	8.00 a.m. 7.00 p.m.	9th Hour & Vesperal Liturgy of St. Basil Orthros of the Passion of Christ (12 Gospels)
GREAT & HOLY FRIDAY Friday, 26 April	9.00 a.m. 3.00 p.m. 7.00 p.m.	Royal Hours Vespers of the Unnailing (Apokathelosis) Orthros of the Lamentations at the Tomb with the Procession of the Epitaphios
GREAT & HOLY SATURDAY Saturday, 27 April	9.00 a.m. 11.00 p.m.	Vesperal Liturgy of St. Basil the Great (1st Resurrection) Midnight Office of Pascha
GREAT & HOLY PASCHA Sunday, 28 April	12.00 a.m. 11.00 a.m.	Resurrection Service & Divine Liturgy Agape Vespers
ST. GEORGE THE TROPHYBEARER Monday, 29 April	9.00 a.m. 10.00 a.m.	Orthros Divine Liturgy



TANIA
RAYMONDE

IAN
UDDIN

RAZA
JAFFEY

PATIL
WITH
LUPONE

CHRISTOPHER
AND
PLUMMER

EVERY REVOLUTION BEGINS IN THE HEART.

CLIFFS OF FREEDOM

SHOWING IN UPPER DARBYY!!

WED. APRIL 17 @7.30 PM

STUDIO MOVIE GRILL THEATER

53 S. 69TH ST.

TICKETS ONLINE: <https://gathr.us/screening/28794>

Ελευθερία ή Θάνατος!

FREEDOM OR DEATH!

CLIFFS OF FREEDOM

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.

Look for the film in your local theaters and lend your support in raising awareness for this epic yet intimate human drama, which captures the spirit of Greece and depicts an important piece of our collective Greek history!

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

cliffsoffreedomfilm.com

Follow the film for updates:

Instagram: [@cliffsoffreedomfilm](https://www.instagram.com/cliffsoffreedomfilm)

Twitter: [@cliffsoffilm](https://twitter.com/cliffsoffilm)

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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

