



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

14 ΑΠΡΙΛΙΟΥ · APRIL 2019

Ε΄ ΤΗΣ ΝΗΣΤΕΙΑΣ · ΟΣ. ΜΑΡΙΑΣ ΤΗΣ ΑΙΓΥΠΤΙΑΣ · 5TH SUN. OF LENT · ST. MARY OF EGYPT

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Ήσαΐα Ταγκαλίδου · Isaiia Tagalidis (40 ήμέρες)  
Ἀναστάσιος Καβαλλιεράτος · Anastasios Kavallieratos (6 μήνες)  
Χαρίκλεια Λεονταρά · Harikleia Leontaras (1 ἔτος)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 15 Ἀπριλίου Monday, 15 April	6.00 μ.μ. 6.00 p.m.	ΜΕΓΑ ΑΠΟΔΕΙΠΝΟΝ GREAT COMPLINE
Τετάρτη, 17 Ἀπριλίου Wednesday, 17 April	9.00 π.μ. 9.00 a.m.	9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ 9TH HOUR & PRESANCTIFIED LITURGY

ΣΑΒΒΑΤΟΝ ΤΟΥ ΛΑΖΑΡΟΥ · LAZAROS SATURDAY

Σάββατο, 20 Ἀπριλίου Saturday, 20 April	8.45, 10.00 π.μ. 8.45, 10.00 a.m.	ΟΡΘΟΣ ΚΑΙ ΘΕΙΑ ΛΙΤΟΥΡΓΙΑ ORTHROS & DIVINE LITURGY
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\*\*\*Μετὰ τὴν Θεία Λειτουργία θὰ διπλώσουμε τὰ Βάϊα. · After Divine Liturgy we will be folding the palm crosses.\*\*\*

ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ · PALM SUNDAY

Κυριακή, 21 Ἀπριλίου Sunday, 21 April	8.45, 10.00 π.μ. 8.45, 10.00 a.m.	ΟΡΘΟΣ ΚΑΙ ΘΕΙΑ ΛΙΤΟΥΡΓΙΑ ORTHROS & DIVINE LITURGY
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\*\*\*Μετὰ τὴν Θεία Λειτουργίαν θὰ ἔχουμε πρὸς πώληση τὸ μπακαλιάρο. · After Divine Liturgy we will have the traditional Bakaliaro luncheon.\*\*\*

# AT THE ENTRANCE OF THE GOSPEL WE SING

ΑΝΑΣΤΑΣΙΜΟΝ, ΠΛΑΓΙΟΣ Α΄

Τὸν συνάναρχον Λόγον Πατρὶ καὶ  
Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα  
εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν  
πιστοὶ καὶ προσκυνήσωμεν, ὅτι  
ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ  
Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ  
ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ  
ἐνδόξῳ Ἀναστάσει αὐτοῦ.

ΤΗΣ ΟΣΙΑΣ, ΠΛΑΓΙΟΣ Δ΄

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ  
κατ' εἰκόνα· λαβοῦσα γὰρ τὸν  
σταυρόν, ἠκολούθησας τῷ Χριστῷ,  
καὶ πράττουσα ἐδίδασκες ὑπερορᾶν  
μὲν σαρκὸς παρέρχεται γάρ,  
ἐπιμελεῖσθαι δὲ ψυχῆς, πράγματος  
ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων  
συναγάλλεται Ὁσία Μαρία τὸ  
πνεῦμά σου.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὔρατο ἐν τοῖς κινδύνοις σὲ  
ὑπέρμαχον ἢ οἰκουμένην, 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 Δ΄

Προστασία τῶν Χριστιανῶν  
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν  
Ποιητὴν ἀμετάθετε, μὴ παρίδης,  
ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ

RESURRECTIONAL, PLAGAL I

Let us worship the Word who is  
unoriginate with the Father and the  
Spirit, and from a Virgin was born \*  
for our salvation, O believers, and let  
us sing His praise. For in His  
goodness He was pleased to ascend  
the Cross in the flesh, and to  
undergo death, and to raise up those  
who had died, by His glorious  
Resurrection.

FOR ST. MARY OF EGYPT, PLAGAL IV

In you, O Mother, is preserved  
undistorted what was made in the  
image of God; for taking up the  
cross, you followed Christ and by  
example taught, that we should  
overlook the flesh, since it passes  
away, and instead look after the soul,  
since it is immortal. And therefore, O  
devout Mary, your spirit rejoices  
with the angels.

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  
Lyaious's arrogance by giving courage  
to Nestor in the stadium, thus, O  
holy Great Martyr Demetrius, to  
Christ our God pray fervently,  
beseeching Him to grant us His great  
mercy.

ΚΟΝΤΑΚΙΟΝ, MODE IV

O Protection of Christians that never  
falls, intercession with the Creator  
that never fails, we sinners beg you,

πρόφθασον, ὡς ἀγαθή, εἰς τὴν  
βοήθειαν ἡμῶν, τῶν πιστῶς  
κραυγαζόντων σοι· Τάχυνον εἰς  
πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ  
προστατεύουσα ἀεὶ, Θεοτόκε, τῶν  
τιμώντων σε.

do not ignore the voices of our  
prayers. O good Lady, we implore  
you, quickly come unto our aid,  
when we cry out to you with faith.  
Hurry to intercession, and hasten to  
supplication, O Theotokos who  
protect now and ever those who  
honor you.

### READING FROM THE APOSTLE: HEBREWS 9.11-14

Προκείμενον· Σύ, Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

Στίχος· Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὁσῖος.

Ἀδελφοί, Χριστὸς παραγενόμενος Ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν διὰ τῆς  
μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν οὐ ταύτης τῆς  
κτίσεως, οὐδὲ δι' αἷμα τὸς τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος  
εἰσῆλθεν ἐφάπαξ εἰς τὰ Ἅγια, αἰωνίαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ αἷμα  
ταύρων καὶ τράγων καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους  
ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ,  
ὃς διὰ Πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ, καθαρῆς τὴν  
συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι;

*Prokeimenon: You shall guard us, O Lord; You shall preserve us.*

*Verse: Save me, O Lord, for the holy man has ceased.*

Brethren, when Christ appeared as a high priest of the good things that have  
come, then through the greater and more perfect tent (not made with hands,  
that is, not of this creation) he entered once for all into the Holy Place, taking  
not the blood of goats and calves but his own blood, thus securing an eternal  
redemption. For if the sprinkling of defiled persons with the blood of goats  
and bulls and with the ashes of a heifer sanctifies for the purification of the  
flesh, how much more shall the blood of Christ, who through the eternal  
Spirit offered himself without blemish to God, purify your conscience from  
dead works to serve the living God.

### READING FROM THE GOSPEL: MARK 10.32-45

Τῷ καιρῷ ἐκείνῳ, παραλαμβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητὰς αὐτοῦ ἤρξατο  
αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι Ἴδου ἀναβαίνομεν εἰς  
Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ  
γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς  
ἔθνεσι, καὶ ἐμπαίξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ

καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· Διδάσκαλε, θέλομεν ἵνα ὁ ἔὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· Τί θέλετε ποιῆσαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· Δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν καὶ εἷς ἐξ εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· Δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσει ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἠτοίμασται. καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· Οἶδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν. οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὃς ἐὰν θέλη γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὃς ἐὰν θέλη ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

## 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



# GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

April 4, 2019

To the Very Reverend and Reverend Clergy,  
Esteemed Presidents and Members of the Parish Councils, Philoptochos Sisterhoods  
and all devout Orthodox Faithful of the Greek Orthodox Communities of the  
Northern New Jersey and Delaware Valley Regions of the  
Greek Orthodox Metropolis of New Jersey

My Beloved,

I pray that this letter finds you well as we continue our Spiritual Journey through  
Great and Holy Lent.

I am pleased to announce that the Greek Orthodox Metropolis of New Jersey will  
be offering a Byzantine Music Lenten Concert for the Northern New Jersey and Delaware  
Valley Regions of our Holy Metropolis. This beautiful, solemn and prayerful event, the  
goal of which is to assist us spiritually as we prepare to once again experience the sacred  
and holy week of the Passion, has been prepared by the Byzantine Choir, under the  
direction of Protopsaltis Ioannis Papachronis.

The Concert will take place on **Saturday of Lazarus, April 20, 2019 at the St.  
Thomas Greek Orthodox Church in Cherry Hill, New Jersey with Great Hierarchical  
Vespers at 6:00pm and the Byzantine Lenten Concert at 7:00pm.**

I therefore ask that this Lenten Concert be announced at the conclusion of all of  
the Divine Services. In addition, the enclosed flyer is to be distributed to your  
parishioners through your parish email list serv, printed in your parish  
bulletins/newsletters and posted on your parish website.

Praying that Almighty God blesses all of you and your families as we continue our  
Lenten Journey, I remain

With Paternal Love and Blessings,

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



GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY

**HIS EMINENCE  
METROPOLITAN EVANGELOS  
OF NEW JERSEY**



*Cordially invites you to a*  
***Byzantine Music  
Lenten Concert***

*On Saturday, April 20, 2018*

*6:00pm Great Hierarchical Vespers*

*7:00pm Byzantine Lenten Concert*

*Under the direction of Protopsaltis*

**IOANNIS PAPACHRONIS**

**Featuring Psaltes from the Northern New Jersey  
and Delaware Valley Regions**

**St. Thomas Greek Orthodox Church  
615 Mercer Street, Cherry Hill, New Jersey  
(856) 665-1731**

**Reception will follow the concert in the "Danielle Kousoulis" Greek Cultural Center.**