



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



METROPOLIS OF
NEW JERSEY

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22 ΣΕΠΤΕΜΒΡΙΟΥ · SEPTEMBER 2019

Α΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · FIRST SUNDAY OF LUKE

ΤΟΥ ΟΣΙΟΥ ΙΕΡΟΜΑΡΤΥΡΟΣ ΦΩΚΑ · HOLY PRIEST MARTYR PHOCAS

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Αιδ. Πρωτ. Δημήτριος Κατερλής · Rev. Prot. Demetrios Katerlis (40 ημέρες)
Έλενη Άλτη · Eleni Altes (40 ημέρες)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΜΕΤΑΣΤΑΣΙΣ ΙΩΑΝΝΟΥ ΤΟΥ ΘΕΟΛΟΓΟΥ · ST. JOHN THE THEOLOGIAN & EVANGELIST
Πέμπτη, 26 Σεπτεμβρίου Όρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Thursday, 26 September Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

Β΄ ΚΥΡΙΑΚΗ ΛΟΥΚΑ · SECOND SUNDAY OF LUKE
Κυριακή, 29 Σεπτεμβρίου Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.
Sunday, 29 September Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

GREEK HERITAGE SPEAKERS' CLASS AT PENN SPRING 2020

Greek heritage speakers' class explores a variety of known and unknown Greek cultural practices through Greek language and is offered by University of Pennsylvania at University city, Williams Hall, Mondays and Thursdays. For further information, contact Dr. Efraxia (Effie) Pollatou: pollatou@sas.upenn.edu or effiepollatou@live.com. Spring semester hours will be announced.

Please note: Course is also available to students and employees of: UPenn. Also available to Swarthmore, Bryn Mawr and Haverford college students.

AT THE ENTRANCE OF THE GOSPEL

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.

ΤΟΥ ΙΕΡΟΜΑΡΤΥΡΟΣ. ΗΧΟΣ Δ΄

Καὶ τρόπων μέτοχος, καὶ θρόνων
διάδοχος, τῶν Ἀποστόλων
γενόμενος, τὴν πρᾶξιν εὗρες
θεόπνευστε, εἰς θεωρίας ἐπίβασιν·
διὰ τοῦτο τὸν λόγον τῆς ἀληθείας
ὀρθοτομῶν, καὶ τῇ πίστει ἐνήθλησας
μέχρις αἵματος, Ἱερομάρτυς
Φωκᾶ, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὖρατο 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.

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. PHOCAS. MODE IV

Becoming a partner with the
Apostles in way of life and successor
to their thrones, O God-inspired
Saint, in the active life you found an
entrance to contemplation. Hence
you rightly expounded the word of
truth, and you shed your blood in
struggling for the faith, O
Hieromartyr Phocas. Intercede with
Christ our God, beseeching Him to
save 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
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.

Προστασία τῶν Χριστιανῶν
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν
Ποιητὴν ἀμετάθετε, μὴ παρίδης,
ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ
πρόφθασον, ὡς ἀγαθή, εἰς τὴν
βοήθειαν ἡμῶν, τῶν πιστῶς
κραυγαζόντων σοι· Τάχυνον εἰς
πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ
προστατεύουσα ἀεί, Θεοτόκε, τῶν
τιμώντων σε.

O Protection of Christians that never
falls, intercession with the Creator
that never fails, we sinners beg you,
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: 2 CORINTHIANS 1.21-2.4

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

Στίχος· Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὁσῖος.

Ἀδελφοί, ὁ βεβαιῶν ἡμᾶς σὺν ὑμῖν εἰς Χριστὸν καὶ χρίσας ἡμᾶς Θεός, ὁ καὶ
σφραγισάμενος ἡμᾶς καὶ δοὺς τὸν ἀρράβωνα τοῦ Πνεύματος ἐν ταῖς καρδίαις
ἡμῶν. Ἐγὼ δὲ μάρτυρα τὸν Θεὸν ἐπικαλοῦμαι ἐπὶ τὴν ἐμὴν ψυχὴν, ὅτι
φειδόμενος ὑμῶν οὐκέτι ἦλθον εἰς Κόρινθον. Οὐχ ὅτι κυριεύομεν ὑμῶν τῆς
πίστεως, ἀλλὰ συνεργοὶ ἐσμεν τῆς χαρᾶς ὑμῶν· τῇ γὰρ πίστει ἐστήκατε.
Ἐκρίνα δὲ ἑμαυτῷ τοῦτο, τὸ μὴ πάλιν ἐν λύπῃ ἐλθεῖν πρὸς ὑμᾶς. Εἰ γὰρ ἐγὼ
λυπῶ ὑμᾶς, καὶ τίς ἐστὶν ὁ εὐφραίνων με εἰ μὴ ὁ λυπούμενος ἐξ ἐμοῦ; καὶ
ἔγραψα ὑμῖν τοῦτο αὐτό, ἵνα μὴ ἐλθὼν λύπην ἔχω, ἀφ' ὧν ἔδει με χαίρειν,
πεποιθῶς ἐπὶ πάντας ὑμᾶς, ὅτι ἡ ἐμὴ χαρὰ πάντων ὑμῶν ἐστίν. Ἐκ γὰρ πολλῆς
θλίψεως καὶ συνοχῆς καρδίας ἔγραψα ὑμῖν διὰ πολλῶν δακρύων, οὐχ ἵνα
λυπηθῆτε, ἀλλὰ τὴν ἀγάπην ἵνα γνῶτε ἦν ἔχω περισσοτέρως εἰς ὑμᾶς.

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

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


Brethren, it is God who establishes us with you in Christ, and has
commissioned us; he has put his seal upon us and given us his Spirit in our
hearts as a guarantee. But I call God to witness against me—it was to spare
you that I refrained from coming to Corinth. Not that we lord it over your
faith; we work with you for your joy, for you stand firm in your faith. For I
made up my mind not to make you another painful visit. For if I cause you
pain, who is there to make me glad but the one whom I have pained? And I
wrote as I did, so that when I came I might not suffer pain from those who
should have made me rejoice, for I felt sure of all of you, that my joy would be

the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

READING FROM THE GOSPEL: LUKE 5.1-11

Τῷ καιρῷ ἐκείνῳ, ἐστὼς ὁ Ἰησοῦς παρὰ τὴν λίμνην Γεννησαρέτ, εἶδε δύο πλοῖα ἐστῶτα παρὰ τὴν λίμνην· οἱ δὲ ἀλιεῖς ἀποβάντες ἀπ' αὐτῶν ἀπέπλυνον τὰ δίκτυα. ἐμβὰς δὲ εἰς ἓν τῶν πλοίων, ὃ ἦν Σίμωνος, ἠρώτησεν αὐτὸν ἀπὸ τῆς γῆς ἐπαναγαγεῖν ὀλίγον· καὶ καθίσας ἐδίδασκεν ἐκ τοῦ πλοίου τοὺς ὄχλους. ὡς δὲ ἐπαύσατο λαλῶν, εἶπε πρὸς τὸν Σίμωνα· Ἐπανάγαγε εἰς τὸ βάθος καὶ χαλάσατε τὰ δίκτυα ὑμῶν εἰς ἄγραν. καὶ ἀποκριθεὶς Σίμων εἶπεν αὐτῷ· Ἐπιστάτα, δι' ὅλης νυκτὸς κοπιάσαντες οὐδὲν ἐλάβομεν· ἐπὶ δὲ τῷ ῥήματί σου χαλάσω τὸ δίκτυον. καὶ τοῦτο ποιήσαντες συνέκλεισαν πλῆθος ἰχθύων πολὺ· διερρήγνυτο δὲ τὸ δίκτυον αὐτῶν. καὶ κατένευσαν τοῖς μετόχοις τοῖς ἐν τῷ ἐτέρῳ πλοίῳ τοῦ ἐλθόντος συλλαβέσθαι αὐτοῖς· καὶ ἦλθον, καὶ ἔπλησαν ἀμφοτέρα τὰ πλοῖα, ὥστε βυθίζεσθαι αὐτά. ἰδὼν δὲ Σίμων Πέτρος προσέπεσε τοῖς γόνασιν Ἰησοῦ λέγων· Ἐξελθε ἀπ' ἐμοῦ, ὅτι ἀνὴρ ἁμαρτωλός εἰμι, Κύριε· θάμβος γὰρ περιέσχεν αὐτὸν καὶ πάντας τοὺς σὺν αὐτῷ ἐπὶ τῇ ἄγρα τῶν ἰχθύων ἢ συνέλαβον, ὁμοίως δὲ καὶ Ἰάκωβον καὶ Ἰωάννην, υἱοὺς Ζεβεδαίου, οἳ ἦσαν κοινωνοὶ τῷ Σίμωνι. καὶ εἶπε πρὸς τὸν Σίμωνα ὁ Ἰησοῦς· Μὴ φοβοῦ· ἀπὸ τοῦ νῦν ἀνθρώπους ἔσῃ ζωγρῶν. καὶ καταγαγόντες τὰ πλοῖα ἐπὶ τὴν γῆν, ἀφέντες ἅπαντα ἠκολούθησαν αὐτῷ.

At that time, Jesus was standing by the lake of Gennesaret. And he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all who were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.



Enjoy the night sky on a 20-minute ride through the fields, ending at a campfire with hotdogs, Apple Cider and SMORES!



ST. DEMETRIOS HOPE & JOY

AUTUMN MOON

HAYRIDE at Linvilla

Orchards

Sunday, September 29th

at 5:00pm

\$8 per person (child & adult)

137 W Knowlton Rd

Media, PA 19063

(meet at entrance of pumpkin patch at 4:30pm)

RSVP to Iliana at

ilianagiouva@verizon.net



Metropolis of New Jersey
Delaware Valley Youth Commission



October 18-20, 2019

Camp Manatawny - Douglassville, Pennsylvania

Deadline for Camper Registration - September 25,
2019 \$140 per GOYAn - \$120 additional sibling

Deadline Staff Registration - September 30, 2019

FrAnastasios@stgeorgemedia.org



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2019 Annual Dues

**Dues are from Jan. 1
to Dec. 31.**

Pay Online with a
Credit Card at

www.saintdemetrios.org

Yearly or Monthly
options available.

Office Hours:

Mon-Fri 10am - 4pm

Κατόπιν ἀποφάσεως
τῆς Γενικῆς
Συνελεύσεως τῆς
Ἐνορίας, ἡ ἐτήσια
συνδρομὴ ἀνεβαίνει
φέτος ἀνὰ \$50.

As decided by the
Parish General
Assembly, the annual
dues for 2019 have
increased by \$50 at
each level:

Οἰκογένεια/Family
\$400

Ἄγαμος Ἐνήλικας
Single Adult
\$300

Ζευγάρι Συνταξιούχων
Retired Couple
\$275

Ἄγαμος Συνταξιούχος
Retired Single
\$200