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Greek Orthodox Church + Upper Darby, PA

17 Noembrioy · November 2019 Θ' Kypiakh Λούκα · Ninth Sunday of Luke Γρηγορίου του Θαυματούργου · St. Gregory the Wonderworker

Μηγμοσίνια · Memorial Services Μιχαὴλ Περδίκης · Michael Perdikis (40 ἡμέρες) Κεκοιμημένα Μέλη τῆς ᾿Αδελφότητος «Κόρες τῆς Πηνελόπης» Departed Members of the Sisterhood "Daughters of Penelope"

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES ΕΙΣΟΔΙΑ ΤΗΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ · ENTRANCE OF THE THEOTOKOS INTO THE TEMPLE

Πέμπτη, 21 Νοεμβρίου $^{\prime\prime}$ Όρθρος 9.00 π.μ. $^{\prime\prime}$ Θεία Λειτουργία 10.00 π.μ. Thursday, 21 November $^{\prime\prime}$ Οrthros 9.00 a.m. $^{\prime\prime}$ Divine Liturgy 10.00 a.m.

ΙΓ' ΚΥΡΙΑΚΗ ΛΟΥΚΑ · THIRTEENTH SUNDAY OF LUKE

Κυριακή, 24 Νοεμβρίου $^{\circ}$ Όρθρος 8.45 π.μ. $^{\circ}$ Θεία Λειτουργία 10.00 π.μ. Sunday, 24 November $^{\circ}$ Οrthros 8.45 a.m. $^{\circ}$ Divine Liturgy 10.00 a.m.

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 ηὐδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῆ ἐνδόξῳ ᾿Αναστάσει αὐτοῦ.

ΤοΥ ΟΣΙΟΥ. ΠΛΑΓΙΟΣ Δ΄ Έν προσευχαῖς γρηγορῶν, ταῖς τῶν θαυμάτων ἐργασίαις ἐγκαρτερῶν, ἐπωνυμίαν ἐκτήσω τὰ κατορθώματα ἀλλὰ πρέσβευε Χριστῷ τῷ Θεῷ, Πάτερ Γρηγόριε, φωτίσαι τὰς ψυχὰς ἡμῶν, μὴ ποτε ὑπνώσωμεν, ἐν ἁμαρτίαις εἰς θάνατον.

ΤοΥ ΝΑΟΥ, ΗΧΟΣ Γ΄ Μέγαν εὕρατο ἐν τοῖς κινδύνοις σὲ ὑπέρμαχον ἡ οἰκουμένη, 'Αθλοφόρε, τὰ ἔθνη τροπούμενον. 'Ως οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως 'Άγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἱκέτευε, 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. Gregory. Plagal IV' By your accomplishments, you earned the name that you bore, for you were vigilant in prayer and diligent in working miracles. Therefore, holy father Gregory, intercede with Christ our God, that He illumine our souls, lest we fall asleep in sin unto death.

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, thus, O holy Great Martyr Demetrios, to Christ our God pray fervently, beseeching Him to grant us His great mercy.

Κοντακιον. Ηχος Δ΄ Ό καθαρώτατος ναὸς τοῦ Σωτῆρος, ἡ πολυτίμητος παστὰς καὶ Παρθένος, τὸ ἱερὸν θησαύρισμα τῆς δόξης τοῦ Θεοῦ, σήμερον εἰσάγεται, ἐν τῷ οἴκῳ Κυρίου, τὴν χάριν συνεισάγουσα, τὴν ἐν Πνεύματι Θείῳ· ἣν ἀνυμνοῦσιν Ἄγγελοι Θεοῦ· Αὕτη ὑπάρχει σκηνὴ ἐπουράνιος.

Kontakion; Mode IV
The Savior's most pure and immaculate temple, the very precious bridal chamber and Virgin, who is the sacred treasure of the glory of God, on this day is introduced into the House of the Lord, and with herself she brings the grace in the divine Spirit. She is extolled by the Angels of God. A heavenly tabernacle is she.

READING FROM THE APOSTLE: GALATIANS 6.11-18

Προκείμενον· Σύ, Κύριε, φυλάξαις ήμᾶς καὶ διατηρήσαις ήμᾶς. Στῖχος· Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὅσιος.

Άδελφοί, ἴδετε πηλίκοις ὑμῖν γράμμασιν ἔγραψα τῆ ἐμῆ χειρί. Όσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὖτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται· οὐδὲ γὰρ οἱ περιτεμνόμενοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι ἵνα ἐν τῆ ὑμετέρα σαρκὶ καυχήσωνται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὖ ἐμοὶ κόσμος ἐσταύρωται κἀγὼ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομή τι ἰσχύει οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτοὺς καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ Θεοῦ. Τοῦ λοιποῦ κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ Κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί· ἀμήν.

Prokeimenon: You shall guard us, O Lord; You shall preserve us. Verse: Save me, O Lord, for the holy man has ceased.

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may

not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

READING FROM THE GOSPEL: LUKE 16.19-31

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην 'Ανθρώπου τινὸς πλουσίου εὐφόρησεν ἡ χώρα καὶ διελογίζετο ἐν ἑαυτῷ λέγων τί ποιήσω, ὅτι οὐκ ἔχω ποῦ συνάξω τοὺς καρπούς μου; καὶ εἶπε τοῦτο ποιήσω καθελῶ μου τὰς ἀποθήκας καὶ μείζονας οἰκοδομήσω, καὶ συνάξω ἐκεῖ πάντα τὰ γεννήματά μου καὶ τὰ ἀγαθά μου, καὶ ἐρῶ τῆ ψυχῆ μου ψυχή, ἔχεις πολλὰ ἀγαθὰ κείμενα εἰς ἔτη πολλά ἀναπαύου, φάγε, πίε, εὐφραίνου. εἶπε δὲ αὐτῷ ὁ Θεός ἄφρον, ταύτη τῆ νυκτὶ τὴν ψυχήν σου ἀπαιτοῦσιν ἀπὸ σοῦ ὰ δὲ ἡτοίμασας τίνι ἔσται; οὕτως ὁ θησαυρίζων ἑαυτῷ καὶ μὴ εἰς Θεὸν πλουτῶν. Ταῦτα λέγων ἐφώνει . 'Ο ἔχων ὧτα ἀκούειν, ἀκουέτω.

The Lord said this parable: "The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul, 'Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.' But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?' So is he who lays up treasure for himself, and is not rich toward God." As he said these things, he cried out: "He who has ears to hear, let him hear."



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Ποός τόν εὐλαβέστατον Ἱερόν Κλῆρον,
Τούς Ἐντιμοτάτους Ἄρχοντας τοῦ Οἰκουμενικοῦ ἡμῶν Πατριαρχείου,
Τούς Προέδρους καί τά Μέλη τῶν Ἐκκλησιαστικῶν Συμβουλίων,
Τάς Προέδρους καί τά Μέλη τῶν Φιλοπτώχων Ἀδελφοτήτων,
Τούς διδάσκοντας καί διδασκομένους τῶν Κατηχητικῶν καί Ἑλληνικῶν Σχολείων,
Τάς Ὁργανώσεις τῆς Νεολαίας καί ἄπαν τό Χριστεπώνυμον πλήρωμα τῶν εὐσεβῶν Ὀρθοδόξων Χριστιανῶν τῆς Ἱερᾶς Μητροπόλεως Νέας Ἱερσέης.

«Προεορτάσωμεν λαοί Χριστοῦ τὰ Γενέθλια καὶ, ἐπάραντες τὸν νοῦν, ἐπὶ τὴν Βηθλεὲμ ἀναχθῶμεν» (Προεόρτιο Στιχηρό Ἰδιόμελο)

Άγαπητοί ἐν Χριστῷ ἀδελφοί,

Ή Χάρις τοῦ Θεοῦ μᾶς ἀξιώνει γιά μιά ἀκόμη φορά νά εἰσέλθουμε στήν Τεσσαρακοστή τῶν Χριστουγέννων, τή χαρμόσυνη περίοδο πνευματικῆς ἐργασίας καὶ ψυχοσωματικῆς προετοιμασίας γιά τόν ἑορτασμό τῆς Ἐνανθρωπήσεως τοῦ Κυρίου. Ὁ Θεός γίνεται ἄνθρωπος, γιά νά καταστήσει τόν ἄνθρωπο θεό «κατά χάριν». Κατέρχεται ἀπό τόν οὐρανό στή γῆ, γιά νά ἀνέλθει ὁ ἄνθρωπος ἀπό τή γῆ στόν οὐρανό. Ὁ Χριστός γεννᾶται ἀνάμεσά μας, γιά νά σώσει τό ἀνθρωπινο γένος, νά ἀνορθώσει καί πάλι τίς γκρεμισμένες γέφυρες ἐπικοινωνίας μέ τόν Θεό, νά ἀποκαταστήσει τήν «πεπτωκυῖα» ἀνθρωπινη φύση στήν ἀληθινή της δόξα, φανερώνοντας τό θέλημα τοῦ Πατρός. Ὁ Χριστός ταπεινώνεται βαθιά, γιά νά μᾶς ἀνυψώσει, γεννᾶται «ἐν χρόνω», γιά νά ὑπερβοῦμε ἐμεῖς τόν χρόνο, λαμβάνει τήν ἀνθρωπινη φύση, γιά νά τή θεώσει.

Γιά τόν ἑοφτασμό αὐτοῦ τοῦ κοσμοσωτήφιου γεγονότος, ἡ Ἐκκλησία, κατά τήν προπαρασκευαστική περίοδο τῶν σαράντα ἡμερῶν πού προηγοῦνται, μᾶς προσκαλεῖ σέ ἐντονότερη λειτουργικὴ ζωή καὶ ἀγαθοεργία. Μέ τό πλῆθος τῶν ἑορτῶν, μᾶς παρέχει εὐκαιρίες γιά βίωση τῆς μυστηριακῆς ζωῆς, γιά ἐπαφὴ μὲ τὸν πλοῦτο τῆς ὑμνολογίας, γιά ἀκρόαση τῶν θείων Γραφῶν καί συχνότερη συνάθροιση τῆς ἐκκλησιαστικῆς κοινότητας, ὅπως χαρακτηριστικά τονίζει ὁ ἄγιος Ἰγνάτιος ὁ Θεοφόρος: «Σπουδάζετε πυκνότερον συνέρχεσθαι εἰς εὐχαριστίαν Θεοῦ καὶ εἰς δόξαν. Ὅταν γὰρ πυκνῶς ἐπὶ τὸ αὐτὸ γίνεσθε, καθαιροῦνται οἱ δυνάμεις τοῦ σατανᾶ καὶ λύεται ὁ ὅλεθρος αὐτοῦ». Δηλαδή, προσπαθῆστε μὲ προθυμία νὰ ἔρχεσθε ὅλοι μαζί στὴ σύναξη τῆς Θείας Εὐχαριστίας, γιὰ νά εὐχαριστεῖτε

τόν Θεὸ καί νά Τόν δοξολογεῖτε· διότι, ὅταν συχνά συναθοοίζεσθε, συντοίβονται οί δυνάμεις τοῦ σατανᾶ καί λύεται κάθε ὀλέθοια ἐνέργειά του.

Ή δύναμη τῆς Θείας Λειτουργίας ἔγκειται στήν καλλιέργεια τῆς ἀγάπης καὶ τῆς «ἐν Χριστῷ» ἑνότητας. Προϋπόθεση γιά τήν συμμετοχή μας σέ αὐτήν εἶναι νὰ συγχωροῦμε, νὰ ἀγαποῦμε καὶ νὰ εἴμαστε ἑνωμένοι μὲ ὅλους τούς συνανθρώπους μας. Μέ τόν τρόπο αὐτόν, τό μυστήριο τῆς Θείας Εὐχαριστίας μᾶς προετοιμάζει κατάλληλα ὅλες αὐτές τίς ἡμέρες, ὥστε νά ἀξιωθοῦμε, ὅπως ἀναφέρει ὁ ἱερός Χρυσόστομος, νά συναντήσουμε «τόν Παλαιό τῶν ἡμερῶν», πού γίνεται Βρέφος γιά χάρη μας· νά προσκυνήσουμε τόν καθήμενο σέ οὐράνιο ὑψηλό θρόνο πού τώρα τοποθετεῖται σέ φάτνη· νά προστρέξουμε σέ Ἐκεῖνον πού ἔσπασε τά δεσμά τῆς ἁμαρτίας καί τώρα τυλίγεται μέ τά σπάργανα, ἐπειδή αὐτή εἶναι ἡ θέλησή Του.

Μέσα ἀπό τόν λειτουργικό καί ὑμνολογικό πλοῦτο αὐτῶν τῶν σαράντα ἡμερῶν, εὕχομαι, ἀγαπητοί μου ἀδελφοί, μέ τρόπο πνευματικό νά «προεορτάσωμεν Χριστοῦ τὰ Γενέθλια καὶ, ἐπάραντες τὸν νοῦν, ἐπὶ τὴν Βηθλεὲμ ἀναχθῶμεν»· νά ἐγείρουμε τόν ἑαυτό μας καί νά ὁδεύσουμε τόν δρόμο πού ὁδηγεῖ στή νοητή Βηθλεὲμ -δηλαδή τήν Ἐκκλησία-, στήν ὁποία ὁ Χριστός «κείμενος ἐν φάτνη» γεννᾶται, προσφέροντας τό ἀνεκτίμητο δῶρο τῆς προσωπικῆς ἀναγέννησης καί λύτρωσης γιά κάθε ἄνθρωπο πού εἰλικρινά πιστεύει σέ Αὐτόν ὡς προσωπικό του Σωτῆρα.

Καλή καί εὐλογημένη Τεσσαρακοστή!

Ο ΜΗΤΡΟΠΟΛΙΤΗΣ

† Ὁ Νέας Ἰεφσέης ΕΥΑΓΓΕΛΟΣ



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Nativity Fast 2019

The Very Reverend and Reverend Clergy

Esteemed Members of the Metropolitan Council, Esteemed Members of the Parish Councils, Philoptochos Sisterhood, Faculty and Students of the Catechetical and Greek Afternoon Schools, Directors and Participants of all Youth Organizations, and all devout Orthodox Christians of the Communities of the Greek Orthodox Metropolis of New Jersey

My Beloved,

As we prepare for the Nativity of our Lord, God, and Savior Jesus Christ, we are given the opportunity to reflect upon the meaning of His birth. This contemplation should not just take place through the course of our everyday lives, but we must endeavor to do so by preparing ourselves both spiritually and physically. In the Kathismata of the Sunday prior to the Nativity we hear in our Orthodox hymnology a hymn which commands us saying, "Prepare yourself, O Bethlehem, for Eden is opened unto all." Since we are partakers in the events at Bethlehem, we too are being called to prepare ourselves. Thus, we prepare ourselves by ensuring that we attend divine services, by putting an even greater emphasis on personal prayer, by fasting as a means help us focus on the feast of the Nativity, and by recognizing the person in Christ is each other.

There is no feast without fasting and there is no fasting without a feast. But in order to properly partake in the Nativity feast, we must first focus on this fast. The form of fasting, however, is not merely just what we eat, but also includes fasting from negative thoughts. Fasting includes not just that which goes into our mouths, but that which comes forth from our mouths, in other words, being more attentive to our words. Fasting includes almsgiving and being more generous to those less fortunate than ourselves. This is one of the most important aspects of fasting because in doing so we are encouraged to look at each person as the image of Christ.

This point is of great significance because Christ became man so that all of the human person might be saved, both soul and body. Though the body may one day die, it is reunited with the soul at the end of time and experiences eternity in this unified state. Thus, the birth of Christ constitutes for us both the beginning of our salvation, since Christ came to save us through His earthly life, His ministry, His crucifixion, and His resurrection, and also the confirmation that the body has worth. It is not just a shell or the receptacle for our soul. It is an

inherent part of our Orthodox Christian theology that the body together with the soul has value since it is the locus of our prayer.

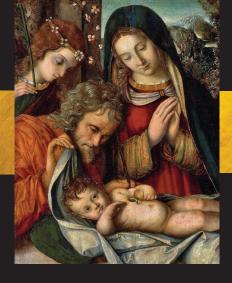
My beloved in the Lord, even if you cannot attend every Divine Service or follow every fasting rule, I ask that you simply push yourselves to do a little more. Attend more services than you normally do. Try to abstain from certain foods in an effort to fast. Endeavor to pray more and to guard your thoughts and words more carefully. Make a greater effort in helping your neighbor who is in need. If you do these things, you will have successfully participated in the Nativity Fast and you will all the more be able to rejoice in the coming of our Lord, God, and Savior Jesus Christ whose incarnation sanctifies our souls and bodies. Praying that you all have a fruitful and blessed Nativity Fast, I remain

With Paternal Love and Blessings,

† E V A N G E L O S

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