



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



METROPOLIS OF  
NEW JERSEY

REV. GREGORY GILBERT · PRESIDING PRIEST  
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26 ΙΑΝΟΥΑΡΙΟΥ · JANUARY 2020

ΟΣΙΟΥ ΞΕΝΟΦΟΝΤΟΣ · ST. XENOPHON

ΟΣΙΟΥ ΣΥΜΕΩΝ ΤΟΥ ΠΑΛΑΙΟΥ · ST. SYMEON THE ELDER

ΜΝΗΜΟΣΥΝΑ · MEMORIAL SERVICES

Γεώργιος Κάρας · Georgios Karas (40 ημέρες)

Φρειδερίκη Άβτζιπαναγιώτου · Freideriki Avtzipanagiotis (1 έτος)

Χριστίνα Κώνσουλα · Christina Konsoulas (1 έτος)

Λεωνίδας Σολδάτος · Leonidas Soldatos (1 έτος)

Άθανάσιος Γερασόπουλος · Athanasios Gerasopoulos (3 έτη)

Μέλη τῆς Φιλοπτώχου Ἀδελφότητος · Members of Philoptochos Society

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

ΤΩΝ ΤΡΙΩΝ ΙΕΡΑΡΧΩΝ · THE THREE HOLY HIERARCHS

Πέμπτη, 30 Ιανουαρίου  
Thursday, 30 January

Όρθρος 9.00 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Orthros 9.00 a.m. · Divine Liturgy 10.00 a.m.

ΥΠΑΠΑΝΤΗ ΤΟΥ ΚΥΡΙΟΥ · MEETING OF OUR LORD IN THE TEMPLE

Κυριακή, 2 Φεβρουαρίου  
Sunday, 2 February

Όρθρος 8.45 π.μ. · Θεία Λειτουργία 10.00 π.μ.  
Orthros 8.45 a.m. · Divine Liturgy 10.00 a.m.

## ΕΠΙ ΤΗ ΕΙΣΟΔΩ ΤΟΥ ΕΥΑΓΓΕΛΙΟΥ · AT THE ENTRANCE OF THE GOSPEL

ΑΝΑΣΤΑΣΙΜΟΝ· ΗΧΟΣ ΒΑΡΥΣ

Κατέλυσας τῷ Σταυρῷ σου τὸν  
θάνατον, ἠνέωξας τῷ Ληστῇ τὸν  
Παράδεισον, τῶν Μυροφόρων τὸν  
θρῆνον μετέβαλες, καὶ τοῖς σοῖς  
Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι  
ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ  
κόσμῳ τὸ μέγα ἔλεος.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὖρατο ἐν τοῖς κινδύνοις σέ  
ὑπέρμαχον ἢ οἰκουμένη, Ἀθλοφόρε,  
τὰ ἔθνη τροπούμενον. Ὡς οὖν  
Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ  
σταδίῳ θαρρύνας τὸν Νέστορα,  
οὕτως Ἁγιε, Μεγαλομάρτυς  
Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε,  
δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΥΠΑΠΑΝΤΗΣ· ΗΧΟΣ Α΄

Ὁ μήτραν παρθενικὴν ἀγιάσας τῷ  
τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν  
εὐλόγησας ὡς ἔπρεπε, προφθάσας  
καὶ νῦν ἔσωσας ἡμᾶς Χριστὲ ὁ Θεός.  
Ἀλλ' εἰρήνευσον ἐν πολέμοις τὸ  
πολίτευμα, καὶ κραταίωσον Βασιλεῖς  
οὓς ἠγάπησας, ὁ μόνος  
φιλόανθρωπος.

RESURRECTIONAL HYMN; GRAVE MODE

By means of Your Cross, O Lord, You  
abolished death. To the robber You  
opened Paradise. The lamentation of  
the myrrh-bearing women You  
transformed, and You gave Your  
Apostles the order to proclaim to all  
that You had risen, O Christ our God,  
granting the world Your great mercy.

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.

ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΜΕΕΤΙΝΓ; ΜΟΔΕ Ι  
You sanctified the virginal womb by  
Your birth, O Lord, and blessed the  
hands of Symeon fittingly, O Christ  
God; and even now You came and  
saved us. Now, give peace to our  
Nation in time of war, and empower  
our Leaders, so loved by You, the  
only one who loves humanity.

### READING FROM THE APOSTLE: 1 TIMOTHY 4.9-15

Προκείμενον· Κύριος ἰσχύει τῷ λαῷ αὐτοῦ δώσει,

Κύριος εὐλογήσει τὸν λαὸν αὐτοῦ ἐν εἰρήνῃ.

Στίχος· Ἐνέγκατε τῷ Κυρίῳ, υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

Τέκνον Τιμόθεε, πιστὸς ὁ λόγος καὶ πάσης ἀποδοχῆς ἄξιος· εἰς τοῦτο γὰρ καὶ  
κοπιῶμεν καὶ ὀνειδίζομεθα, ὅτι ἠλπίκαμεν ἐπὶ Θεῷ ζῶντι, ὃς ἐστὶ Σωτὴρ  
πάντων ἀνθρώπων, μάλιστα πιστῶν. Παράγγελλε ταῦτα καὶ δίδασκε. Μηδεὶς

σου τῆς νεό- τητος καταφρονεῖτω, ἀλλὰ τύπος γίνου τῶν πιστῶν ἐν λόγῳ, ἐν ἀναστροφῇ, ἐν ἀγάπῃ, ἐν πνεύματι, ἐν πίστει, ἐν ἀγνείᾳ. Ἔως ἔρχομαι πρόσεχε τῇ ἀναγνώσει, τῇ παρακλήσει, τῇ διδασκαλίᾳ. Μὴ ἀμέλει τοῦ ἐν σοὶ χαρίσματος, ὃ ἐδόθη σοι διὰ προφητείας μετὰ ἐπιθέσεως τῶν χειρῶν τοῦ πρεσβυτερίου. Ταῦτα μελέτα, ἐν τούτοις ἴσθι, ἵνα σου ἡ προκοπὴ φανερά ᾖ ἐν πᾶσιν.

*Prokeimenon: The Lord will give strength to His people;  
the Lord will bless His people with peace.*

*Verse: Bring to the Lord, O you sons of God, bring to the Lord glory and honor.*

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Till I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties, devote yourself to them, so that all may see your progress.

#### READING FROM THE GOSPEL: LUKE 19.1-10

Τῷ καιρῷ ἐκείνῳ, διήρχετο ὁ Ἰησοῦς τὴν Ἱεριχὼ· καὶ ἰδοὺ ἀνὴρ ὀνόματι καλούμενος Ζακχαῖος, καὶ αὐτὸς ἦν ἀρχιτελώνης, καὶ οὗτος ἦν πλούσιος, καὶ ἐζήτηε ἰδεῖν τὸν Ἰησοῦν τίς ἐστι, καὶ οὐκ ἠδύνατο ἀπὸ τοῦ ὄχλου, ὅτι τῇ ἡλικίᾳ μικρὸς ἦν. καὶ προδραμὼν ἔμπροσθεν ἀνέβη ἐπὶ συκομορέαν, ἵνα ἴδῃ αὐτόν, ὅτι δι' ἐκείνης ἤμελλε διέρχεσθαι. καὶ ὡς ἦλθεν ἐπὶ τὸν τόπον, ἀναβλέψας ὁ Ἰησοῦς εἶδεν αὐτόν καὶ εἶπεν πρὸς αὐτόν· Ζακχαῖε, σπεύσας κατάβηθι· σήμερον γὰρ ἐν τῷ οἴκῳ σου δεῖ με μεῖναι. καὶ σπεύσας κατέβη, καὶ ὑπεδέξατο αὐτόν χαίρων. καὶ ἰδόντες πάντες διεγόγγυζον λέγοντες ὅτι παρὰ ἀμαρτωλῶ ἀνδρὶ εἰσῆλθε καταλῦσαι. σταθεὶς δὲ Ζακχαῖος εἶπε πρὸς τὸν Κύριον· Ἰδοὺ τὰ ἡμίση τῶν ὑπαρχόντων μου, Κύριε, δίδωμι τοῖς πτωχοῖς, καὶ εἴ τινός τι ἐσυκοφάντησα, ἀποδίδωμι τετραπλοῦν. εἶπε δὲ πρὸς αὐτόν ὁ Ἰησοῦς ὅτι σήμερον σωτηρία τῷ οἴκῳ τούτῳ ἐγένετο, καθότι καὶ αὐτὸς υἱὸς Ἀβραάμ ἐστιν· ἦλθε γὰρ ὁ υἱὸς τοῦ ἀνθρώπου ζητῆσαι καὶ σῶσαι τὸ ἀπολωλός.

At that time, Jesus entered Jericho and was passing through. And there was a man named Zacchaeus; he was a chief collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he

looked up and said to him, “Zacchaios, make haste and come down; for I must stay at your house today.” So he made haste and came down, and received him joyfully. And when they saw it they all murmured, “He has gone in to be the guest of a man who is a sinner.” And Zacchaios stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold.” And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost.”

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## ΕΛΛΗΝΙΚΟΣ ΣΥΛΛΟΓΟΣ ΕΠΙΣΤΗΜΟΝΩΝ ΦΙΛΑΔΕΛΦΕΙΑΣ

### HELLENIC UNIVERSITY CLUB OF PHILADELPHIA

Σήμερον φιλοξενούμεν τόν Ἑλληνικόν Σύλλογον Ἐπιστημόνων Φιλαδελφείας, ὅπου προσφέρει Ἀρτοκλασίαν ὑπὲρ ὑγείας τῶν μελῶν τους καί τῶν ὑποτρόφων τους πρὸς τιμὴν τῶν Ἀγίων Τριῶν Ἱεραρχῶν – Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου, καί Ἰωάννου τοῦ Χρυσοστόμου – οἱ ὅποιοι ἀνέδειξαν καί ἐστήριξαν τήν Ὁρθοδοξίαν καί τά Ἑλληνικά Γράμματα. Ὁ Ἑλληνικός Σύλλογος Ἐπιστημόνων Φιλαδελφείας ἰδρύθηκε τό 1936 μέ σκοπόν νά ὑποστηρίξη τό Ἑλληνικόν ἰδανικόν τῆς ΠΑΙΔΕΙΑΣ, μέ σχετικές ὁμιλίες, μορφωτικές ἐκδρομές καί Ἐτήσιες Ὑποτροφίες διὰ Ἀξίους Ἀριστούχους Φοιτητάς ὅπου ἐνδιαφέρονται διὰ Πανεπιστημιακές καί Μεταπτυχιακές Σπουδές. Ἐφέτος θά χορηγήσῃ 17 ὑποτροφίες μέ συνολικὴν ἀξίαν \$57,500 δολλαρίων. Τά μέλη θά χαροῦν νά σᾶς γνωρίσουν καί ἐνημερώσουν προσωπικῶς διὰ τόν σύλλογόν τους, ἐκδηλώσεις καί ὑποτροφίες εἰς τό Κοινωτικόν Κέντρον.

Today we welcome the Hellenic University Club of Philadelphia, whose members are offering an Artoklasia Service in celebration of their Patron Saints, The Three Hierarchs – Saint Basil the Great, Saint Gregory the Theologian, and Saint John Chrysostom – whose religious and educational achievements serve as an example of continued learning and led to the Day of Greek Letters. Established in 1936, the Hellenic University Club of Philadelphia promotes the Hellenic Ideal of ΠΑΙΔΕΙΑ (ΠΑΙΔΕΙΑ), the pursuit of continued education and intellectual enlightenment, through speaking programs, field trips, and scholarship opportunities to worthy undergraduate and graduate students with high academic achievement wishing to further their educational goals. This year, the Hellenic University Club of Philadelphia is offering 17 undergraduate and graduate scholarships totaling \$57,500. Their members look forward to meeting us in the community center to offer information about the Club, its events and scholarship program.



GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY

Ο Σεβασμιώτατος Μητροπολίτης  
Νέας Ιερσέης κ. Ευάγγελος  
Σας προσκαλεί εγκαρδίως να συνεορτάσουμε

## «Την Εορτή των Τριών Ιεραρχών και την Ημέρα των Ελληνικών Γραμμάτων»



με την συμμετοχή των Ελληνικών απογευματινών σχολείων  
της Αρχιερατικής Περιφέρειας Μείζονος Φιλαδελφείας  
με θέμα: «**Η Σημασία της Εκπαίδευσης**»

**Κυριακή 26 Ιανουαρίου 2020, ώρα 4:00 μ.μ.**

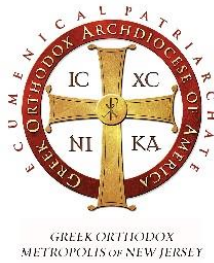
**Ιερός Ναός Αγίου Θωμά**

615 Mercer Street, Cherry Hill, NJ 08002

Θα τιμηθούν Εκπαιδευτικοί και Μέλη του Συλλόγου Γονέων  
των Ελληνικών σχολείων των Κοινοτήτων μας

Παρακαλούμε δηλώστε την συμμετοχή σας στον Ιερέα σας  
ή την Διεύθυνση του Σχολείου σας έως τις 10 Ιανουαρίου 2020

~ Η Είσοδος είναι δωρεάν αλλά απαιτείται εισιτήριο  
που θα λάβετε από την Ενορία σας ~



**His Eminence Metropolitan Evangelos of New Jersey**

**Cordially invites all Hellenic Afternoon Schools**

**of the Delaware Valley to the**

## **2020 Greek Letters Day Celebration**

***Honoring the Three Hierarchs of our Orthodox Church***



***St. John Chrysostom, St. Basil the Great & St. Gregory the Theologian***

### ***“The Importance of Education”***

***A teacher and a PTO member from every Hellenic Afternoon School  
of the Delaware Valley Region will be honored for their service***

**Sunday, January 26<sup>th</sup>, 2020 at 4:00 pm**

**St. Thomas Greek Orthodox Church**

**615 Mercer Street, Cherry Hill, NJ 08002**

**Dinner & Program for everyone present to enjoy.**

**Please inform the St. Thomas Principal by January 10, 2020.**

**You are kindly requested to contact your Parish Priest or Principal for  
complimentary admission tickets.**

**TICKET IS REQUIRED FOR ADMISSION**



**SAINT DEMETRIOS GREEK SCHOOL**  
INVITES YOU FOR A NIGHT OUT IN

# **“HOLLYWOOD”**

**FEATURING OUR YOUNG BRIGHT STARS!**

**February 1, 2020**

**7:00pm**

**ADMISSION:**

**ADULTS: \$35.00**

**CHILDREN 3+: \$20.00**

**GREEK SCHOOL STUDENTS &  
CHILDREN UNDER 2: FREE**

**MUSIC ENTERTAINMENT BY DJ MAKI  
GREEK SCHOOL PERFORMANCE 8:00PM**

**FOR TABLE RESERVATIONS CALL OR E-MAIL: DOMINIKI KARALIS  
610.348.1800 OR [DOMINIKI@COMCAST.NET](mailto:DOMINIKI@COMCAST.NET)**



# CYBER SECURITY WATCH

Provided by the Departments of Internet Ministries and Information Technology



## CYBERCRIME HAS BEEN INFILTRATING OUR LIVES FOR YEARS.

More recently, parishes and religious communities around us are being targeted by a phishing scam where the attacker poses falsely as the parish priest and asks the recipient for money usually in the form of gift cards.

Image source: vecteezy.com

**EDUCATE** yourselves and others about the dangers of emails and phone scams.

**YOUR PARISH PRIEST should never** reach out via personal email to request immediate financial assistance. Be vigilant if you do receive an email that fits this description! Here are some *do's* and *do not's* to guide you:

### DO NOT...

- ❌ reply to the message
- ❌ click on any links
- ❌ download any attachments
- ❌ use the contact information provided in the email
- ❌ share personal or financial data via email or phone

### DO...FOLLOW THE 3 V'S

- ✅ **VIGILANCE** requires that you should question every email that comes in
- ✅ **VERIFY** the email by contacting your parish
- ✅ **VERY OFTEN** change your passwords

**REPORT CYBERCRIME IMMEDIATELY** to the following Federal agencies and to the Archdiocese:

- **Federal Trade Commission:** [ftc.gov/complaint](https://www.ftc.gov/complaint)
- **FBI:** [fbi.gov/tips](https://www.fbi.gov/tips)
- **Archdiocese Technical Support:** [techsupport.goarch.org](https://techsupport.goarch.org)

**LEARN MORE** by visiting [blogs.goarch.org/internet-ministries](https://blogs.goarch.org/internet-ministries) by contacting the Departments of Internet Ministries and Information Technology with your questions at [techsupport.goarch.org](https://techsupport.goarch.org).





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Office: 610-352-7212 + [st.demetrios@verizon.net](mailto:st.demetrios@verizon.net)

## 2020 Annual Dues

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

Pay Online with a  
Credit Card at

[www.saintdemetrios.org](http://www.saintdemetrios.org)

Yearly or Monthly  
options available.

**Office Hours:**

**Mon-Fri 10am - 4pm**

Κατόπιν απόφασεως  
τῆς Γενικῆς  
Συνελεύσεως τῆς  
Ἑνορίας, ἡ ἐτήσια  
συνδρομὴ δὲν  
ἀλλάζει φέτος.

As decided by the  
Parish General  
Assembly, the annual  
dues for 2020  
remain the same as  
last year:

Οἰκογένεια/Family  
**\$400**

Ἀγαμος Ἐνήλικας  
Single Adult  
**\$300**

Ζευγάρι Συνταξιούχων  
Retired Couple  
**\$275**

Ἀγαμος Συνταξιούχος  
Retired Single  
**\$200**