



Ιερός Ναός Αγίου Δημητρίου
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

15 ΜΑΡΤΙΟΥ · MARCH 2020

ΟΣΙΟΥ ΠΑΤΡΟΣ ΓΡΗΓΟΡΙΟΥ ΤΟΥ ΠΑΛΑΜΑ · ST. GREGORY PALAMAS
ΑΓΑΠΙΟΥ ΚΑΙ ΤΩΝ ΣΥΝ ΑΥΤΩ ΜΑΡΤΥΡΩΝ · HOLY MARTYRS AGAPIOS & COMPANIONS

ΜΝΗΜΟΣΥΝΟΝ · MEMORIAL
Ζήνων Στάθης · Zenon Stathis (1 έτος)

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ · SCHEDULE OF SERVICES

Δευτέρα, 16 Μαρτίου Monday, 16 March	6.00 μ.μ. 6.00 p.m.	ΜΥΣΤΗΡΙΟΝ ΤΟΥ ΕΥΧΕΛΑΙΟΥ SACRAMENT OF HOLY UNCTION
Τετάρτη, 18 Μαρτίου Wednesday, 18 March	6.00 μ.μ. 6.00 p.m.	9Η ΩΡΑ & ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ 9TH HOUR & PRESANCTIFIED LITURGY
Παρασκευή, 20 Μαρτίου Friday, 20 March	7.00 μ.μ. 7.00 p.m.	3Η ΣΤΑΣΙΣ ΧΑΙΡΕΤΙΣΜΩΝ ***Χοροστατούντος του Σεβ. Μητ. Νέας Ήερσέης κ. Εύαγγέλου*** 3RD SALUTATIONS TO THE THEOTOKOS
His Eminence, Met. Evangelos of New Jersey, Presiding		

ΚΥΡΙΑΚΗ ΤΗΣ ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΕΩΣ · SUNDAY OF THE VENERATION OF THE CROSS
Κυριακή, 22 Μαρτίου
Sunday, 22 March

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· ΠΛΑΓΙΟΣ Β΄

Ἄγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα
σου, καὶ οἱ φυλάσσοντες
ἀπενεκρώθησαν, καὶ ἴστατο Μαρία
ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν
σου σῶμα. Ἐσκύλευσας τὸν Ἄϊδην,
μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας
τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν,
ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε
δόξα σοι.

ΤΟΥ ΝΑΟΥ, ΗΧΟΣ Γ΄

Μέγαν εὖρατο ἐν τοῖς κινδύνοις σὲ
ὑπέρμαχον ἢ οἰκουμένη, Ἄθλοφόρε,
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.

ΤΟΥ ΙΕΡΑΡΧΟΥ, ΠΛΑΓΙΟΣ Δ΄

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ
στήριγμα καὶ διδάσκαλε, τῶν
μοναστῶν ἢ καλλονῆ, τῶν θεολόγων
ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε
θαυματουργὲ Θεσσαλονίκης τὸ
καύχημα κήρυξ τῆς χάριτος· ἰκέτευε
διὰ παντός, σωθῆναι τὰς ψυχὰς
ἡμῶν.

ΚΟΝΤΑΚΙΟΝ, ΠΛΑΓΙΟΣ Δ΄

Τῇ ὑπερμάχῳ στρατηγῷ τὰ
νικητήρια, ὡς λυτρωθεῖσα τῶν
δεινῶν, εὐχαριστήρια, ἀναγράφω σοι

RESURRECTIONAL. PLAGAL II

When the angelic powers appeared
at Your grave, the soldiers guarding
it feared and became as dead. And
standing by the sepulcher was Mary
who was seeking Your immaculate
body. You devastated Hades, not
afflicted by it. You went to meet the
virgin, and granted eternal life. You
resurrected from the dead. O Lord,
glory to You.

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.

FOR ST. GREGORY PALAMAS, PLAG. IV
Beacon of Orthodox belief, the
strong support of the Church and
her teacher inspired by God, you are
the ornament of monks, the
unassailable champion of
theologians, O Gregory the Wonder-
worker and the boast of
Thessalonica, the messenger of
grace. Forever earnestly entreat for
the salvation of our souls.

ΚΟΝΤΑΚΙΟΝ, ΠΛΑΓΑΛ IV

To you, the Champion Leader we
your flock dedicate a feast of victory
and of thanksgiving, as ones rescued

ἡ Πόλις σου, Θεοτόκε· ἄλλ' ὡς
ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ
παντοίων με κινδύνων ἐλευθέρωσον
ἵνα κράζω σοι· Χαῖρε, Νύμφη
ἀνύμφευτε.

out of sufferings, 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 1.10-2.3

Προκ.: Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.
Στίχ.: Πρὸς σέ, Κύριε, κεκράζομαι, ὁ Θεός μου.

Κατ' ἀρχάς σὺ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μή ποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' Ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

Prok.: *O Lord, save Your people, and bless Your inheritance.*
Vs.: *To You, O Lord, I cry; O my God.*

“In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

READING FROM THE GOSPEL: LUKE 19.1-10

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοὶ, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων. καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· Τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· Τί οὗτος οὕτως λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς εἶπεν αὐτοῖς· Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· Σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins”—he said to the paralytic—“I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

ΟΔΗΓΙΕΣ ΤΗΣ ΙΕΡΑΣ ΕΠΑΡΧΙΑΚΗΣ ΣΥΝΟΔΟΥ
ΠΡΟΣ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΟΥ ΚΟΡΩΝΟΪΟΥ (COVID-19)

- 1) Κάθε ένορία θά προμηθεύσει στόν Νάρθηκα είδικούς χώρους όπου οί πιστοί μπορούν νά άπολυμάνουν τά χέρια τους μπαίνοντας στήν Έκκλησία.
- 2) Στήν είσοδο του ναού θά άναρτηθοῦν πινακίδες πού γράφουν ότι οί άρρωστοι δέν πρέπει νά έκκλησιαστοῦν, αλλά πρέπει νά παρακολουθήσουν τίς θείες ακολουθίες μέσω τηλεόρασης ή διαδικτύου (<https://www.goarch.org/live-broadcasts>)
- 3) Οί Ίερείς δέν θά προσφέρουν τά χέρια του πρός άσπασμόν καί θά άποφεύγουν νά άγγίζουν τούς πιστούς είτε μέ χειραψία ή άγκαλιά.
- 4) Θά άναρτηθοῦν πινακίδες πού γράφουν ότι πρέπει νά προσκυνήσουμε τίς εικόνες καί τόν Σταυρό μέ υπόκλιση μόνο, χωρίς άσπασμόν.
- 5) Κανένα βιβλίο, είτε λειτουργικό, είτε Άγίας Γραφής, δέν θά μείνει στά καθίσματα. Οί πιστοί θά παρακαλοῦνται νά φέρουν δικά τους βιβλία από τό σπίτι.
- 6) Οί πιστοί δέν θά παραλαμβάνουν τό αντίδωρον από τό χέρι του Ίερέως, αλλά θά τό πάρουν από μόνοι τους, βγαίνοντας από τόν ναόν.
- 7) Σέ περίπτωση πού διανέμονται λουλούδια (π.χ. Σταυροπροσκηνύσεως, τῶν Βαΐων, Μεγάλη Παρασκευή), οί πιστοί θά τά πάρουν από μόνοι τους, βγαίνοντας από τόν ναόν. Τήν Μεγάλη Τετάρτη κατά τό Μυστήριο του Εύχελαίου, ο ίερέας θά άλείψει κάθε πιστό μέ χωριστή μπατονέτα.
- 8) Ή Θεία Κοινωνία διανέμεται χωρίς καμία άλλαγή.
- 9) Σέ συλλείτουργα ιερέων ο Άσπασμός τής Ειρήνης θά γίνει μέ υπόκλιση πρός άλλήλους. Στίς ένορίες όπου οί λαϊκοί συνηθίζονται νά κάνουν τόν Άσπασμό τής Ειρήνης, θά άποφεύγουν έπαφή υποκλίνοντας πρός άλλήλους.
- 10) Μετά από κάθε Θεία Άκολουθία, όλα τά ιερά σκεύη καί έπιφάνειες θά καθαρίζονται καλά.

DIRECTIVES FROM THE HOLY EPARCHIAL SYNOD
REGARDING COVID-19 (CORONA VIRUS)

- 1) All parishes will provide stations in the Narthex and/or Nave for the Faithful to disinfect their hands as they enter the Church.
- 2) Signs will be posted at the entrance that recommend sick persons not attend the Services, but participate via television or the Internet (<https://www.goarch.org/live-broadcasts>)
- 3) The clergy will not offer their hands to be revered and will refrain from touching the faithful either through handshakes or an embrace.
- 4) Signs will be posted recommending that honor be shown to Icons and the blessing cross by only bowing.
- 5) No books – Liturgical or Scriptural, will be kept in the pews. Parishioners will be instructed to bring their own books from home.
- 6) The Faithful will not receive the *Antidoron* from the Clergy, but on their own as they leave the church.
- 7) In the case of the use of flowers (Sunday of the Veneration of the Cross, Palm Sunday, Holy Friday), the Faithful will take them on their own as they leave the church. On Holy Wednesday (Holy Unction), each priest will anoint each Faithful using separate cotton-tipped swabs.
- 8) The Eucharist will be distributed as per usual.
- 9) In concelebrations, the clerical “Kiss of Peace” will be through bowing to one another. In parishes where the laity exchange the “Kiss of Peace,” they will avoid contact through bowing to one another.
- 10) After every service, all liturgical objects and surfaces to be thoroughly cleaned.