Septemeber 20th, 2020

Mark, Aristarchos, & Zenon
Kallistratus & his 49 Companions

1st Sunday of Luke | Grave Mode

**UPCOMING EVENTS**

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Antiphons. 2nd Mode.

Antiphon 1. Pg. 16. (By the prayers of the Theotokos, Savior, save us).

Vs. 1: Bless the Lord, O my soul, and everything within me, bless His holy name.
Vs. 2: Bless the Lord, O my soul, and forget not all His rewards.
Vs. 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.

Glory...Both now...By the prayers...

Anti. 2. Pg. 18. (Save us, O Son of God, Who did rise from the dead. We sing to You, Alleluia).

Vs. 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.
Vs. 2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.
Vs. 3: The Lord shall reign forever; your God, O Zion, to all generations.
Glory...Both now...Only Begotten Son...


Vs. 1: This is the day the Lord made; let us greatly rejoice and be glad therein.
Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἦνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοὶ Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης ἂν Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Εἰσοδικόν. Ἡχος β’.
Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Ἀπολυτίκια
Ἀπολυτίκιον. Ἡχος βαρύς.
Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἦνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοὶ Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης ἂν Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τῶν Μαρτύρων. Ἡχος δ’.
Οἱ Μάρτυρες σου Κύριε, ἐν τῇ ἀθλήσει αὐτῶν, στεφάνους ἐκομίσαντο τῆς ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· σχόντες γὰρ τὴν ἰσχύν σου, τοὺς τυράννους καθείλον, ἔθραυσαν καὶ δαιμόνων, τὰ ἀνίσχυρα θράση. Αὐτῶν ταῖς ἱκεσίαις, Χριστὲ ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

Τοῦ Ναοῦ. Ἡχος γ’.
Μέγαν εὕρατο ἐν τοῖς κινδύνοις, σὲ ὑπερμαχόν ἁ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὑς οὖν Λυαίου κάθειλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ

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, and granted the world Your great mercy.

Entrance Hymn. Mode 2.
Come, let us worship and bow down before Christ. Save us, O Son of God, Who did rise from the dead. We sing to You, Alleluia.

Dismissal Hymns
Resurrectional 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, and granted the world Your great mercy.

For the Martyrs. Mode 4.
Your Martyrs, O Lord, were worthily awarded by You the crowns of incorruption, in that they contested for You our immortal God. Since they possessed Your power, they defeated the tyrants, dashing the demons' powerless displays of defiance. O Christ God, at their fervent entreaties, save our souls.

For the Church. Mode 3.
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.

Kontakion. Mode 2.

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.

Epistle Reading


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

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

The reading is from Paul's Second Letter to the Corinthians. (6:1-10)

Brethren, working together with him, then, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy
ἀγίῳ, ἐν ἀγάπῃ ἀνυποκρίτῳ, ἐν λόγῳ ἀληθείας, ἐν δυνάμει Θεοῦ· διὰ τῶν ὅπλων τῆς δικαιοσύνης τῶν δεξιῶν καὶ ἀριστερῶν, διὰ δόξης καὶ ἀτιμίας, διὰ δυσφημίας καὶ εὐφημίας: ὡς πλάνοι καὶ ἀληθεῖς, ὡς ἀγνοούμενοι καὶ ἐπιγινωσκόμενοι, ὡς ἀποθνῄσκοντες καὶ ἰδοὺ ζῶμεν, ὡς παιδευόμενοι καὶ μὴ θανατούμενοι, ὡς μηδὲν ἔχοντες καὶ πάντα κατέχοντες.

Ἀλληλούϊα. Ἦχος βαρύς. Ψαλμὸς 91.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. αʹ. Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ καὶ ψάλλειν τῷ ὀνόματί σου, Ὄψιστε.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. βʹ. Τοῦ ἀναγγέλειν τῷ πρωΐ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Ανάγνωσμα τοῦ Εὐαγγελίου

Ἐκ τοῦ κατὰ Λουκᾶν. (5:1-11)

Τῷ καιρῷ ἐκείνῳ, ἑστὼς ὁ Ἰησοῦς παρὰ τὴν λίμνην Γεννησαρέτ, εἶδε δύο πλοῖα ἑστῶτα παρὰ τὴν λίμνην· οἱ δὲ ἁλιεῖς ἀποβάντες ἀπ αὐτῶν ἀπέπλυνον τὰ δίκτυα. ἐμβὰς δὲ εἰς ἓν τῶν πλοίων, ὃ ἦν Σίμων, 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 ρήματι σου χαλάσω τὸ δίκτυον. καὶ τούτῳ ποιήσαντες συνέκλεισαν πλῆθος

Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.


Vs. 1: It is good to give thanks to the Lord and to sing to Your name, O Most High.


Vs. 2: To proclaim Your mercy in the morning and Your truth at night.


Gospel Reading


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.

**Our Father**

**Original Languages & Phonetics**

**Greek**

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιασθῆτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθῆτω τὸ θέλημα σου, ὡς ἐν οὐρανῷ καί ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον καί ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καὶ μὴ ἐπισενέχηκι ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**Arabic**

أَبَانَا الَّذِي فِي السَّمَاوَاتِ لِيَقْدِسَ اسْمُكَ إِلَّا مَا تَفْصَلْهُ مِنْهُ. كَمَا فِي السَّمَاوَاتِ كَلِكَ عَلَى الْأَرْضِ خَشْرُ النَّجْوُ كَمَا أَغْتَبَلْتَهُ. وَاتَّقُوا إِنْ لَمْ أَلْقِ صُدْرًا عَلَيْهِ، كَمَا تَتَّرَكْتُ نَحْنُ لِمَا لَمْ نَعْلَنَا، وَلَا فِي تَجْرِيبٍ، لِكُنْ نَجَّاً مِنْ
Wisdom of the Fathers
"Because such is the obedience which Christ seeks of us, as that we delay not even a moment of time, though something absolutely most needful should vehemently press on us." - St. John Chrysostom

"For many have taken part with the holy apostles in their labors, and still do so, especially those who inquire into the meaning of what is written in the holy Gospels ... For the net is still being drawn, while Christ fills it, and calls to conversion those who, according to the Scripture phrase, are in the depths of the sea, that is to say, those who live in the surge and waves of worldly things." - St. Cyril of Alexandria

Saints of the Week
September 27
Callistratus the Martyr & his 49 Companions
These Martyrs contested for the Faith during the reign of Diocletian. Saint Callistratus was arrested as a Christian, and after being tormented, was enclosed in a sack and cast into the sea. The sack burst, and the Saint came to dry land safe and sound. Forty-nine soldiers, seeing this, also confessed Christ, and with him were cast into prison, then beheaded.

September 28
Chariton the Confessor
Saint Chariton was born in the city of Iconium. He was arrested, tortured, and condemned to death because of his Christian Faith, but finally set free by imperial edict. He came to Palestine, where he took up the ascetic life. He also brought many Jews and pagans to the Faith. Having dwelt in the desert of Judea for many years, and established several monasteries throughout the region, he reposed in peace.

Baruch the Prophet
The Prophet Baruch was the son of Nerias, and the disciple of the Prophet Jeremias. The extant prophetic book that he wrote is divided into five chapters; it was composed in the fifth year of the Babylonian Captivity of the Jews during the years of Sedekias, 583 B.C. The prophetic lection that is read on the eve of the Feast of Christ's Nativity, which bears Jeremias' name, is taken from the prophecy of Baruch (Bar. 3:35-4:4). His name means "blessed."
September 29

**Cyriacus the Hermit of Palestine**

This Saint was born in Corinth. He went to Palestine to the Lavra of Euthymius the Great, but because of his youth was sent by Saint Euthymius to Saint Gerasimus; after the death of Saint Gerasimus he returned to the Lavra of Saint Euthymius. Later he took on a more rigorous life of asceticism in the wilderness of Natoufa, where there was nothing to eat except the exceedingly bitter wild herb called squills, which, however, through his prayers, God made sweet for him and his disciple. He lived 107 years and reposed in the year 555.

September 30

**Gregory the Illuminator, Bishop of Armenia**

This Saint, a Parthian by race, was the son of Anak. He was born about the year 240 and was taught the Faith of Christ in Caesarea of Cappadocia. He entered the service of Tiridates, King of Armenia, but when discovered to be a Christian, he was subjected to many horrible torments at the King's hands, then was cast into a pit of mire with poisonous serpents and left to die. By the power of God, however, he abode there unharmed for fourteen years, his needs provided by a certain widow, until he was made known by revelation and set free. He converted to piety innumerable multitudes of Armenians, including Tiridates himself, and was consecrated bishop by Leontius, Archbishop of Caesarea, to shepherd the vast flock he had gained for Christ. He spent the last part of his life in retirement in the ascetical discipline, and reposed in peace about the year 325. Saint Gregory is honoured as the Illuminator of Armenia.

October 01

**The Holy Protection of the Theotokos**

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians. Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.
Romanos the Melodist

Saint Romanos flourished during the reign of Anastasius (491-518). He was from Emesa of Syria, and apparently was born of Jewish parents, for a hymn written in his honour in Greek says he was "of Hebrew stock," and it has furthermore been noted that he uses many Semitic idioms in his writings. He was baptized an Orthodox Christian, and at some time became a deacon in the Church of Beirut. He was the first composer of the kontakia, the foremost of which is that of the feast of Christ's Nativity, On this day the Virgin .... In composing many of his kontakia, Saint Romanos was inspired by the hymns of Saint Ephraim of Syria.

October 02

The Holy Hieromartyr Cyprian and the Virgin Martyr Justina

Saint Justina who was from Damascus, lived in virginity for the sake of Christ. Saint Cyprian, who was from Antioch, began as an initiate of magic and worshipper of the demons. A certain foolish young man who had been smitten with Justina's beauty hired Cyprian to draw her to love him; when Cyprian had wed every demonic device he knew, and had failed, being repulsed by the power of Christ Whom Justina invoked, he understood the weakness of the demons and came to know the truth. Delivered from demonic delusion, he came to Christ and burned all his books of magic, was baptized, and later ascended the episcopal throne in his country. Later, he and Justina were arrested by the Count of Damascus, and having endured many torments at his hands, they were sent finally to Diocletian in Nicomedia, where they were beheaded about the year 304.

October 03

Dionysios the Areopagite

This Saint was from Athens, a learned man, and a member of the famous judicial court of Mars Hill (in Greek Aeros Pagos, hence the name Areopagite (see Acts 17:19-34). When Saint Paul preached in Athens, he was one of the first there to believe in Christ, and, according to some, became the first bishop of that city. Others say -- and this may be more probable--that he was the second Bishop of Athens, after Saint Hierotheus, whom Dionysios calls his friend and teacher "after Paul" (On the Divine Names, 3:2). With Saint Hierotheus he was also present at the Dormition of the most holy Theotokos; the Doxasticon of the Aposticha for the service of the Dormition is partly taken from a passage in Chapter III of On the Divine Names. According to ancient tradition, he received a martyr's end (according to some, in Athens itself) about the year 96.
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| 1st SUNDAY OF LUKE | Chariton the Confessor | Cyriacus the Hermit of Palestine | Gregory the Illuminator  
 Armenia  
 Mardonios & Stavros the Martyrs |
| Callistratus the Martyr & his 49 Companions  
 II Corinthians 6:1-10  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | II Corinthians 4:6-15  
 Luke 6:17-23 | Martyr Petronius  
 Ephesians 2:19-22; 3:1-7  
 Luke 5:12-16  
 Woman's Peer Group (8:00 pm) | I Corinthians 16:13-24  
 Matthew 24:42-47  
 Adult Sunday Sch. |
| 4        | 5         | 6           | 7            |
| 2nd SUNDAY OF LUKE | Charitina the Martyr  
 Methodia the Righteous | Holy & Glorious Apostle Thomas  
 Eroteis the Martyr | Great-Martyrs Sergius  
 of Syria  
 Ephesians 5:25-33  
 Luke 6:46-49, 7:1  
 Adult Sunday Sch. |
| Hierotheus, Bishop of Athens  
 Martyr Domnina and her daughters  
 II Corinthians 6:16-18; 7:1  
 Luke 6:31-36  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | Ephesians 4:25-32  
 John 20:19-31 | |
| 11       | 12        | 13          | 14           |
| SUNDAY OF THE 7TH ECUMENICAL COUNCIL | Probus, Andronicus, &  
 Tarachus of Tarsus  
 Philippians 1:1-7  
 Luke 7:36-50 | Carpus, Agathadorus,  
 Pappus, & Agathonica of Pergamus  
 Philippians 1:8-14  
 Luke 8:1-3  
 Women's Peer Group (8:00 pm) | Nazarius, Gervatius  
 & Protasius, of Milan  
 Philippians 1:12-20  
 Luke 8:22-25  
 Adult Sunday Sch. |
| Philip, Apostle of the 70  
 Titus 3:8-15  
 Luke 8:5-15  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | Philippians 1:1-7  
 Luke 7:36-50 | Philippians 1:8-14  
 Luke 8:1-3 | |
| 18       | 19        | 20          | 21           |
| ST. LUKE THE EVANGELIST | Varys the Martyr  
 Joel the Prophet  
 Acts 2:14-21  
 Luke 9:18-22 | Artemius the Great Martyr  
 Matrona the Righteous  
 II Timothy 2:1-10  
 Methodia the Righteous  
 Ephesians 4:25-32  
 Luke 6:24-30 |
| Colossians 4:5-11, 14-18  
 Luke 10:16-21  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | Acts 2:14-21  
| 25       | 26        | 27          | 28           |
| 6th SUNDAY OF LUKE | GREAT-Martyr Demetrios  
 Commemoration of the Great Earthquake in Constantinople  
 II Timothy 2:1-10  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | Kyriakos, Pat. of Constant.  
 Nestor the Martyr of Thessaloniki  
 Colossians 1:1-3; 7:11  
 Luke 11:1-10  
 Women's Peer Group (8:00 pm) | Holy Protection of Theotokos  
 Hebrews 9:1-7  
 Adult Sunday Sch. |
| Marcian & Matyrius  
 Galatians 1:11-19  
 Luke 8:26-39  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am)  
 Festal Vespers (6:00 pm) | II Timothy 2:1-10  
 Orthros (8:50 am)  
 Divine Liturgy (10:00 am) | Colossians 1:1-3; 7:11  
 Luke 11:1-10 | |
| - Shaded days denote a fast day.  
 ✱ denotes a Liturgy  
 ✡ Great Vespers/Compline  
 ✷ Akathist/Paraklesis  
 ☪ Presanctified | | | |
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<td><img src="image28.jpg" alt="Image" /></td>
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<td><img src="image31.jpg" alt="Image" /></td>
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</tbody>
</table>

- **Sept 27 - Oct 31 • 2020**
- **Oct. 1**
  - Holy Protection of Theotokos
  - Ananias, Apostle of the 70
  - Acts 9:10-19
  - Small Paraklesis (6:00 pm) (to St. Demetrios)
- **2**
  - Cyprian & Justina
  - Eleutherios & Roustikos
  - I Timothy 1:12-17
- **3**
  - Dionysios the Areopagite
  - John the Chozebite
  - Acts 17:16-34
  - Luke 5:17-26
- **8**
  - Aegius & Bacchus
  - School (8:00 pm)
- **9**
  - James the Apostle, son of Alphaeus
  - I Corinthians 4:9-16
  - Matthew 9:36-38; 10:1-8
  - Men's Peer Group (8:00 pm)
- **10**
  - Eulampius & Eulamia the Martyrs
  - Theophilus the Confessor
  - I Corinthians 15:39-45
- **15**
  - Lucian the Martyr of Antioch
  - Philippians 1:20-27
  - Small Paraklesis (6:00 pm) (to St. Demetrios)
- **16**
  - Longinus the Centurion
  - Two Soldiers martyred with St. Longinus
  - Philippians 1:27-30; 2:1-4
  - Matthew 27:33-54
- **17**
  - Hosea the Prophet
  - Holy Martyrs Cosmas & Damian of Arabia
  - Romans 9:18-33
  - Luke 6:1-10
- **22**
  - Wonderworker Abercius, Equal-to-the-Apostles & of Hierapolis
  - Philippians 3:1-8
  - Small Paraklesis (6:00 pm) (to the Theotokos)
- **23**
  - James the Apostle, the brother of the Lord
  - Galatians 1:11-19
  - Matthew 13:54-58
  - Men's Peer Group (8:00 pm)
- **24**
  - Arethas the Great Martyr of Synclentiki & her two daughters
  - II Corinthians 1:8-11
  - Luke 7:1-10
- **29**
  - Great-Martyr Anastasia of Rome
  - Righteous Father Abramius
  - Colossians 1:24-29, 2:1
  - Luke 11:14-23
  - Small Paraklesis - 6:00 pm (to St. Demetrios)
- **30**
  - Cleopas & Artemas, Apostles of the 70
  - Colossians 2:1-7
- **31**
  - Amplias, Apelles, Stachys, Urban, Aristobulus, & Narcissus of the 70
  - Romans 16:1-16
  - Luke 8:16-21
Guidelines for Receiving Holy Communion

For Orthodox Christians

Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Holy Communion, communicants should not be conscious of grave sin, have fasted appropriately and strive always to love God and their neighbor. Persons conscious of grave sin should seek immediately to be reconciled through the Mystery of Confession so they can begin again to receive Communion immediately. Frequent communion is recommended to all faithful Orthodox Christians.

For other Christians

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions of Christianity that we cannot extend to them a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist and for which we must all pray. All, however, are welcome to partake of the blessed bread (Antidoron) which will be distributed at the end of the service.

Shut-ins and Hospital Visitation

If anyone is in the hospital or otherwise in need of prayer or visitation, we are happy to publish their information (name and/or visitation information) in the bulletin. Please note, however, that we are unable to publish such information without a direct request.

If you are interested in helping with the visitation of the sick, please speak to Presvytera Peggy or contact the Church office.

In your prayers:

Please continue to pray for the health and recovery of: Augusta Ahejew, Petro Ahejew, Russ Ahejew, Ann De Corte, Soula Economou, Edward & Gabriella Economous, Jean Farrington, James Kokas, Krista Koopman, Paul Kushner, Mark Legner, Sharon Legner, Marge Paron, Bill Tarachas, and Eva Zestos.

(If you would like to have a name added to or removed from this list, please contact the Church office).

A Prayer for the Sick

O holy Father, heavenly Physician of our souls and bodies, Who sent Your Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do You visit and heal Your servant (name), granting him/her release from pain and restoration to health and vigor, that he/she may give thanks unto You and bless Your holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

**Prayer courtesy of the Antiochian Archdiocese, from the "Pocket Prayer Book"**
St. Demetrios Greek Orthodox Church
2020 Stewardship Commitment Form

"Teach us to number our days that we may gain a heart of wisdom."
Psalm 90:12

A TIME FOR EVERY PURPOSE UNDER HEAVEN

Please bring this form to the Church or mail it to the Church Office at 4970 Mackinaw Rd., Saginaw, MI 48603

Name: ____________________________________________
Street Address: _______________________________ City: __________ State: _____ Zip Code: __________

<table>
<thead>
<tr>
<th>Individual or Family</th>
<th>Spouse (if applicable)</th>
<th>Children (if applicable)</th>
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</thead>
<tbody>
<tr>
<td>Name:</td>
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<td>Names</td>
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<td>Home Tel:</td>
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<td>Email:</td>
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<td>Occupation:</td>
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<td>(Last, current)</td>
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</table>

In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at St. Demetrios Church for 2020.
$_____ weekly $_____ monthly $_____ quarterly $_____ semi-annually $_____ annually

Our goal as a parish family is to raise our stewardship by $20/month for the 2020 calendar year. However, stewardship is a spiritual discipline that should be discussed with your spiritual father.

Please indicate areas of expertise or interest where you would like to serve:
(Individuals should provide a check mark and families provide "H" for husband, "W" for wife and "C" for children)

<table>
<thead>
<tr>
<th>ADMINISTRATION</th>
<th>BUILDING &amp; GROUNDS</th>
<th>COMMUNICATIONS</th>
<th>EDUCATION</th>
<th>LITURGICAL</th>
<th>MINISTRIES</th>
<th>FAMILY MINISTRY</th>
<th>HOSPITALITY / WELCOME MINISTRY</th>
<th>VISITATION (SICK / SHUT-INS)</th>
<th>OUTREACH</th>
<th>YOUTH</th>
<th>CHURCH SCHOOL TEACHER</th>
<th>CHURCH SCHOOL ADMINISTRATION</th>
<th>GOYA ADVISOR</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Audit Committee</td>
<td>___ Property Maintenance</td>
<td>___ Computer / Technical</td>
<td>___ Website / Email</td>
<td>___ Baking Prophora</td>
<td>___ Coffee Hour</td>
<td>___ Family Ministry</td>
<td>___ Hospitality / Welcome Ministry</td>
<td>___ Visitation (Sick / Shut-ins)</td>
<td>___ Outreach</td>
<td>___ Church School Teacher</td>
<td>___ Church School Administration</td>
<td>___ GOYA Advisor</td>
<td>___ ____________</td>
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</tr>
<tr>
<td>___ Election Committee</td>
<td>___ Garden &amp; Landscape</td>
<td>___ Newsletter / Publications</td>
<td>___ Adult Education</td>
<td>___ Music Ministries</td>
<td>___ Sanctuary &amp; Altar Care</td>
<td>___ ___</td>
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<td>___ Office help</td>
<td>___ Iconography / Beautification</td>
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I/we would like to receive notifications from St. Demetrios by: ___ email ___ paper mail

You can also submit your stewardship card and your contributions online at www.stdemetrios.mi.goarch.org/stewardship

CONFIDENTIAL: For Authorized Parish Personnel Only
Our 2020 Stewardship goal is $170,000. As of September 21, we have received pledges reflecting 77% of that goal. Thank you to the following faithful stewards who have submitted their pledge cards for 2020. Please join them in their support of our St. Demetrios Greek Orthodox Church and submit your pledge card today! (Please submit any corrections to the Church office).

<table>
<thead>
<tr>
<th>Total Pledges: $130,770.00</th>
<th>Offerings Received: $100,978.82</th>
<th>Largest pledge: $15,000.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewards pledged: 98</td>
<td>Pledges Unfulfilled: $41,728.18</td>
<td>Median pledge: $900.00</td>
</tr>
</tbody>
</table>

Rev. Fr. Timothy & Pr. Catherine Cook
Rev. Fr. Peter & Pr. Peggy Bistolarides
Russ & Augusta Ahejew
Debra Ahejew
Petro & Sandra Ahejew
Petro Ahejew Jr.
Chris & Olga Anagost
George Andros
John & Kathi Andros
Dr. Thomas & Angela Barris
Dr. Andrew & Annie Bazakis
Warren Bensinger
Johnathan Bernhart
Sophia Bernhart
Tom & Joan Billingsley
Dr. John & Dr. Judy Blebea
Jeremy & Taylor Blohm
Dr. Kevin & Bessie Bone
Dimitra Brown
Perry Bujouves
Georgia Caris
Dr. Constantinos & Mimi Constantinou

Bill & Vonnie DeLong
Ashley Dietzel
Soula Economou
Austin Economous
Edward & Gabriella Economous
Dorothy Ellis
Michael & Dr. Stavroula Erfourth
Bill & Alexia Evans
Corey & Andrea Ferris
Kathleen Gavalas
Quincy & Kimberly Gownlock
Betty Lou Gustafson
Kurt & Svetlana Hauffee
Evan & Alexia Houpis
Mr. & Mrs. Howard
Kathy Huber
John & Melissa Ioannidis
Matina Ioannidis
Dr. Risty & Karen Kalivas
George & Alexandra Kallos
Mersina Karris
Katerina & Athanasios Katsiouras
Ron & Connie Kelso

The Kennedy Family
Elaine Kimmerly
James & Mary Kokas
Anthony & Rula Koutras
Thomas & Athena Kurtz
Mark & Koula Legner
Dr. Elaine Makas
Andrew & Stephanie Mehl
Katherine Metropoulos
Dominic & Amanda Moes
Adam & Eleni Morris
Tom & Peggy Nemode
Dr. David & Elan Nichols
David Ortega
Dennis & Soula Ostler
Eleftheria Paez
Jose & Joni Porchia
Eliana Porchia
Leonardo Porchia
Jamey Paron
Dr. Kelly Paron
Marge Paron
Dr. Nicholas & Julie Paron
Douglas & Leta Povich
Julia Povich
Chris & Yiota Psetas
Christine Rapanos & John
STEWARDSHIP REPORT - CONTINUED...

Mighion
Matt & Megan Rodriguez
George & Frances Rouman
Dr. Majed & Rheame Sahouri
Chris & Fani Samaras
Patricia Sharrad
Eftihios & Beverly Siradakis
Andreas & Paraskevi Skoutelas
Athanasios & Glykeria Skoutelas
John Skoutelas
William & Linda Stavropoulos
Elaine Tambouridis

Achilles & Tena Tarachas
Electra Tarachas
William & Thespo Tarachas
Dr. George Triantafillou & Jean Farringtan
Gustav & Marty Triantafillou
Art Tselepis
Tamara Tsulaia & Vasil Mamaladze
Dr. George & Virginia Ulmer
John Veremis
Kanella Veremis
Theodore & Georgia Veremis

Athanasios & Eipnvn Veremis
James & Kathleen Zacharko
Ludmil & Adriana Zambov
Dr. George & Dr. Gladys Zubulake
James & Esmini Zubulake

ST. DEMETRIOS GREEK ORTHODOX CHURCH
FRIENDS OF THE METROPOLIS

2019
Cook, Fr. Timothy and Presbytera Catherine Bistolarides, Fr. Peter and Presbytera Peggy St. Demetrios Greek Festival Ahejew Sr., Petro and Sandra Economou, Lou and Soula Houpis, Evan and Candance Metropoulos, Katherine E. Nichols, Elan Paron, Nicholas and Julie Rouman, George and Frances Stamas, Jim and Marsha Ulmer, George and Virginia Zacharko, Kathleen Zubulake, George R.

2020
Cook, Fr. Timothy and Presbytera Catherine Bistolarides, Fr. Peter & Pres. Peggy Ahejew, Petro and Sandra Rouman, George and Frances Stamas, Jim and Marsha Ulmer, George & Virginia
“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Mt. 11:28-30).

Many of us are experiencing stress, strain and weariness resulting from the months of sheltering in place, possible financial difficulties, illness, the death of loved ones, schooling at home, isolation, lost opportunities, joblessness, and other struggles -- all emanating from the impact of Covid 19. We are experiencing personal, relational and societal “weariness.” In this time of some unprecedented challenges, as Orthodox Christians, how are we responding to Jesus’ invitation to “come to” Him for rest? Particularly as married persons, let us reflect on how we are “coming” to Christ in our personal and collective weariness, so that this time of struggle and uncertainty will draw us to Him and to one another as husband and wife, rather than create or widen a rift between us.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Dust &amp; wipe all the icons in your home</td>
<td>Learn the patron saint hymns (apolytikia) for everyone in your family: (bit.ly/menaion)</td>
</tr>
<tr>
<td>Clean one room in your home per day</td>
<td>Go through all your toys and decide if any can be given away to those in need</td>
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<tr>
<td>Randomly open up your Bible-read &amp; discuss the passage you land on</td>
<td>Go through family photo albums together</td>
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<tr>
<td>Go on a walk outside</td>
<td>Facetime/call any people that you know are alone during this time</td>
</tr>
<tr>
<td>Cense your home while chanting hymns</td>
<td>Go for a drive and take in the scenery</td>
</tr>
<tr>
<td>Play charades</td>
<td>Build a fort</td>
</tr>
<tr>
<td>Read one Psalm out loud together</td>
<td>Paint icons of your family’s patron saints</td>
</tr>
<tr>
<td>Share 3 positive things from each day with one another</td>
<td>Set a plate for Christ at your dinner table as a reminder that He is always with you</td>
</tr>
<tr>
<td>Put on a play based on your favorite Bible story</td>
<td>Go on a virtual field trip using this link:bit.ly/virtual-fieldtrip</td>
</tr>
<tr>
<td>Have a dance party</td>
<td>Sit together in silence for 5 min. with an icon of Jesus in front of you</td>
</tr>
</tbody>
</table>
WELCOME TO ALL VISITORS: For those visiting today, we are excited to welcome you to St. Demetrios Church. Everyone is welcome at our services, though only those who are baptized and chrismated Orthodox Christians may receive the Holy Mysteries. We hope you will stay not only for the service, but afterwards for coffee hour, so we can greet you and get to know you. If anyone has any questions about the Orthodox Faith or joining St. Demetrios, please feel free to speak with Fr. Timothy after the service.

VOLUNTEER OPPORTUNITY: We are seeking volunteers to help with our Stewardship Ministry, our Bookstore ministry, and our internet ministries (website, social media, etc). If you are interested, please speak to Fr. Timothy or Judy Blebea.

THURSDAY PARAKLESIS SERVICES: We have begun alternating between the Paraklesis to St. Demetrios and the Paraklesis to the Theotokos for our Thursday evening services. This Thursday (Oct 1st) will be the Small Paraklesis to St. Demetrios.

ADULT RELIGIOUS EDUCATION: Adult Sunday School will meet every week via Zoom on Wednesday nights, at 8:00 pm. We will be following the same schedule as the Youth Religious Education, but a week ahead. The Men's Peer Group meets every other Friday at 8:00 pm, and is doing a study of the book of Genesis. The Women's Peer Group meets every other Tuesday night and is studying the weekly Sunday readings.

TODAY'S GREETERS
Kosta Povich, Joni Porchia, David Nichols

Prophora
For the time being, we are operating with the Prophora that is in the freezer. This will only take us so far, however, so if you can, please consider baking and bringing some prophora to the Church.

Coffee Hour
Due to COVID, Coffee Hour has been suspended until further notice. However, as long as the weather lasts, we encourage everyone to stay and socialize outside after the service. We look forward to when we can safely resume our normal routine.
"For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me."
- Matthew 25:35-36

We are preparing for our annual Food Baskets Outreach! Our goal this year is to make and distribute 100 baskets along with gifts, and we need your help to reach our goal!

**How can you help?**

(1) At this stage, we're just collecting names and information. So if you know anyone who is in need of a basket this winter, please send the following information to Andrea Ferris (amackool@gmail.com / 313-995-7899). For anyone to be considered, we need their: Name, address, phone number, along with childrens' names/gender/ages/sizes of the children, along with particular needs (winter coat, boots, etc). **Information forms are available on the table outside the office in the Narthex.**

(2) If you would like to donate to this ministry, please fill out the form below.

(3) Mark your calendars! The Giving Tree will open on November 3rd; the food will be delivered on December 19th, Packing Day is December 20th, and Delivery Day is December 21st. We'll need all hands on deck for each of those days!

(4) Pray for us! By God's grace, we have expanded this ministry each year. Please keep both the ministry and the families we minister to in your prayers throughout the year.

*If you have questions, please speak to Andrea Ferris (amackool@gmail.com / 313-995-7899).*

Name: ________________________________  Cash ☐

Amount: ________________________________  Check ☐

*Please make checks out to St. Demetrios Greek Orthodox Church, with "Food Baskets" in the memo line.*

"Feeding the hungry is a greater work than raising the dead.." - St. John Chrysostom