UPCOMING EVENTS

Sunday May 31  Fathers of the 1st Ecumenical Council
                   Orthros & Divine Liturgy

Tuesday June 2   Women's Peer Group

Thursday June 4  Small Paraklesis

Saturday June 6  Saturday of Souls
                   Orthros & Divine Liturgy

Sunday June 7    Holy Pentecost
                   Orthros & Divine Liturgy

Monday June 8    Parish Council Meeting

Friday June 12   Men's Peer Group

Sunday June 14   All Saints
                   Orthros & Divine Liturgy
Sunday before Pentecost

Ἀντίφωνα. Ἡχος β'.

Ἀντίφωνον Α'. (Ταῖς πρεσβείαις τῆς Θεοτόκου, Σώτερ, σῶσον ἡμᾶς).

Στίχ. α'. Πάντα τὰ ἔθνη κροτήσατε χεῖρας· ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.
Στίχ. β'. Ὅτι Κύριος ὑψιστός, φοβερός, Βασιλεὺς μέγας ἐπὶ πᾶσαν τὴν γῆν.
Στίχ. γ'. Εἴπατε τῷ Θεῷ· ὡς φοβερὰ τὰ ἔργα σου.
Δόξα... Καὶ νῦν... Ταῖς πρεσβείαις...

Ἀντίφ. Β'. (Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν δόξῃ ἀναληφθεὶς ἀφ' ἡμῶν εἰς τοὺς οὐρανούς, ψάλλοντάς σοι, Ἀλληλούϊα).

Στίχ. α'. Μέγας Κύριος καὶ αἰνετὸς σφόδρα.
Στίχ. β'. Ὅ Θεός ἐν τοῖς βάρεσιν αὐτῆς γινώσκεται.
Στίχ. γ'. Ὅτι ἰδοὺ οἱ βασιλεῖς τῆς γῆς συνήχθησαν.
Δόξα... Καὶ νῦν... Ὁ Μονογενὴς Ὑιός...

Ἀντίφωνον Γ'. Ἡχος δ'. Ψαλμός 48.

Στίχ. Ακούσατε ταῦτα, πάντα τὰ ἔθνη.

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ

May 31st

Antiphons. 2nd Mode.

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

Vs. 1: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.
Vs. 2: For the Lord Most High is fearsome, a great King over all the earth.
Vs. 3: He subdued the peoples under us and the nations under our feet.
Glory...Both now...By the prayers...

Anti. 2. Pg. 18. (Save us, O Son of God, Who were taken up in glory to heaven from us. We sing to You, Alleluia).

Vs. 1: Great is the Lord, and greatly to be praised.
Vs. 2: God is known in her palaces when He helps her.
Vs. 3: For behold, the kings assembled; they came together.
Glory...Both now...Only Begotten Son...


Vs. 1: Hear this, all you nations.

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by
τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱός τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

Εἰσοδικών. Ἡχος β’.
Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σώσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντας σοι, Ἀλληλούια.

Ἀπολυτίκια
Ἀναστάσιμον. Ἡχος πλ. β’.
Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἦσαν ἡ Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὴν ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἀδήν, μὴ πειρασθεὶς ὑπ’ αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Τῆς Ἑορτῆς. Ἡχος δ’.
Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱός τοῦ Θεοῦ, ὁ λυτρωτής τοῦ κόσμου.

Τῶν Πατέρων. Ἡχος πλ. δ’.
Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι’ αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας· πολυεύσπλαγχνε, δόξα σοι.

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. Mode pl. 2.
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 the Feast. Mode 4.
You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

For the Fathers. Mode pl. 4.
Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.
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 pl. 2.

When You had fulfilled the dispensation for our sake, and united things on earth with the things in heaven, You were taken up thither in glory, O Christ our God, going not away from any place, but continuing inseparable, and to them that love You crying out: "I am with you, and there is, therefore, none against you."

Epistle Reading


Blessed are You, O Lord God of our fathers.

Verse: For You are righteous in all You did for us.

The reading is from the Acts of the Apostles. (20:16-18, 28-36)

In those days, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and..."
εἶπεν αὐτοῖς· Προσέχετε οὖν ἑαυτοῖς καὶ παντὶ τῷ ποιμνίῳ ἐν ᾗ ὑμᾶς τὸ Πνεῦμα τὸ Ἅγιον ἐθέτο ἐπισκόπους, ποιμαίνει τὴν ἐκκλησίαν τοῦ Κυρίου καὶ Θεοῦ, ἣν περιεποιήσατο διὰ τοῦ ἰδίου αἵματος. Ἐγὼ γὰρ οἶδα τοῦτο, ὅτι εἰσελεύσονται μετὰ τὴν ἀφίξιν μου λύκοι βαρεῖς εἰς ὑμᾶς μὴ φειδόμενοι τοῦ ποιμνίου· καὶ εξ ὑμῶν αὐτῶν ἀναστήσονται ἄνδρες λαλοῦντες διεστραμμένα τοῦ ἀποσπᾶν τοὺς μαθητὰς ὀπίσω αὐτῶν. Διὸ γρηγορεῖτε, μνημονεύοντες ὅτι τριετίαν νύκτα καὶ ἡμέραν οὐκ ἐπαυσάμην μετὰ δακρύων νουθετῶν ἕνα ἕκαστον. Καὶ τὰ νῦν παρατίθεμαι ὑμῖς, ἀδελφοί, τῷ Θεῷ καὶ τῷ λόγῳ τῆς χάριτος αὐτοῦ τῷ δυναμένῳ ἐποικοδομῆσαι καὶ δοῦναι ὑμῖν κληρονομίαν ἐν τοῖς ἡγιασμένοις πᾶσιν. Ἀργυρίου οὐδενὸς ἐπεθύμησα· αὐτοὶ γινώσκετε ὅτι ταῖς χρείαις μου καὶ τοῖς οὖσι μετ' ἐμοῦ ὑπηρέτησαν αἱ χεῖρες αὗται πάντα ὑπέδειξα ὑμῖν ὅτι οὕτω κοπιῶντας δεῖ ἀντιλαμβάνεσθαι τῶν ἁσθενοῦντων, μνημονεύειν τε τῶν λόγων τοῦ Κυρίου Ἰησοῦ, ὅτι αὐτὸς εἶπε· μακάριόν ἐστι μᾶλλον διδόναι ἢ λαμβάνειν. Καὶ ταῦτα εἰπών, θεὶς τὰ γόνατα αὐτοῦ σὺν πᾶσιν αὐτοῖς προσηύξατο.

Ἀλληλούια. Ἡχος α’. Ψαλμός 49.
Ἀλληλούια. Ἀλληλούια. Ἀλληλούια.
Στίχ. α’.Θεός θεῶν Κύριος ἐλάλησε καὶ ἐκάλεσε τὴν γῆν.
Ἀλληλούια. Ἀλληλούια. Ἀλληλούια.
Στίχ. β’. Συναγάγετε αὐτῷ τοὺς ὁσίους αὐτοῦ.
Ἀλληλούια. Ἀλληλούια. Ἀλληλούια.

Ἀλληλούια. Mode 1. Psalm 49.
Vs. 1: The God of gods, the Lord, spoke, and summoned the earth.
Vs. 2: Gather His holy ones to Him.
At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made. I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

Praise the Lord from the heavens, praise Him in the highest. Alleluia.

Κοινωνικόν. Ψαλμός 148.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς υψίστοις. Ἀλληλούια.

Αντὶ τό· Εἴδομεν τὸ φῶς.

'Ηχος δ'.
Ανελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱός τοῦ Θεοῦ, ὁ λυτρωτής τοῦ κόσμου.

Instead of "We have seen."

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

Wisdom of the Fathers

"For there is One God, and One Mediator between God and Man, the Man Christ Jesus. For He still pleads even now as Man for my salvation; ... " - St. Gregory the Theologian

"... for He continues to wear the Body which He assumed, until He make me God by the power of His Incarnation; although He is no longer known after the flesh -- I mean, the passions of the flesh, the same, except sin, as ours." - St. Gregory the Theologian

Saints of the Week

May 31

Fathers of the 1st Council

The heresiarch Arius was a Libyan by race and a protopresbyter of the Church of Alexandria. In 315, he began to blaspheme against the Son and Word of God, saying that He is not true God, consubstantial with the Father, but is rather a work and creation, alien to the essence and glory of the Father, and that there was a time when He was not. This frightful blasphemy shook the faithful of Alexandria. Alexander, his Archbishop, after trying in vain to correct him through admonitions, cut him off from communion and finally in a local council deposed him in the year 321. Yet neither did the blasphemer wish to be corrected, nor did he cease sowing the deadly tares of his heretical teachings; but writing to the bishops of other cities, Arius and his followers requested that his doctrine be examined, and if it were unsound, that the correct teaching be declared to him. By this means, his heresy became universally known and
won many supporters, so that the whole Church was soon in an uproar.

Therefore, moved by divine zeal, the first Christian Sovereign, Saint Constantine the Great, the equal to the Apostles, summoned the renowned First Ecumenical Council in Nicaea, a city of Bithynia. It was there that the shepherds and teachers of the Church of Christ gathered from all regions in the year 325. All of them, with one mouth and one voice, declared that the Son and Word of God is one in essence with the Father, true God of true God, and they composed the holy Symbol of Faith up to the seventh article (since the remainder, beginning with "And in the Holy Spirit," was completed by the Second Ecumenical Council). Thus they anathematized the impious Arius of evil belief and those of like mind with him, and cut them off as rotten members from the whole body of the faithful.

Therefore, recognizing the divine Fathers as heralds of the Faith after the divine Apostles, the Church of Christ has appointed this present Sunday for their annual commemoration, in thanksgiving and unto the glory of God, unto their praise and honour, and unto the strengthening of the true Faith.

Hermias the Martyr at Comana
According to some, this Martyr strove in contest during the reign of Marcus Aurelius, also called Antoninus (161-180); according to others, it was in the reign of Antoninus Pius (138-161). Already an old man, the Saint was brought before Sebastian, Proconsul in Comana of Cappadocia, and because he would not renounce his confession of Christ, his tormentors showing no reverence to his grey hairs, broke his jaw, tore the flesh from his face, pierced his eyes with a sharp instrument, subjected him to many other torments, and finally, after three days of such torture, beheaded him.

June 01
Justin the Philosopher and Martyr and his Companions
This Saint, who was from Neapolis of Palestine, was a follower of Plato the philosopher. Born in 103, he came to the Faith of Christ when he was already a mature man, seeking to find God through philosophy and human reasoning. A venerable elder appeared to him and spoke to him about the Prophets who had taught of God not through their own wisdom, but by revelation; and he led him to knowledge of Christ, Who is the fulfillment of what the Prophets taught. Saint Justin soon became a fervent follower of Christ, and an illustrious apologist of the Evangelical teachings. To the end of his life, while preaching Christ in all parts, he never put off his philosopher's garb. In Rome, he
gave the Emperor Antoninus Pius (reigned 138-161) an apology wherein he proved the innocence and holiness of the Christian Faith, persuading him to relieve the persecution of Christians. Through the machinations of Crescens, a Cynic philosopher who envied him, Saint Justin was beheaded in Rome in 167 under Antoninus' successor, Marcus Aurelius (reigned 161-180). Besides his defense of Christianity (First and Second Apologies), Saint Justin wrote against paganism (Discourse to the Greeks, Hortatory Address to the Greeks), and refuted Jewish objections against Christ (Dialogue with Trypho).

June 02

Nicephorus the Confessor, Patriarch of Constantinople

Saint Nicephorus was born in Constantinople about the year 758, of pious parents; his father Theodore endured exile and tribulation for the holy icons during the reign of Constantine Copronymus. Nicephorus served in the imperial palace as a secretary. Later, he took up the monastic life, and struggled in asceticism not far from the imperial city; he also founded monasteries on the eastern shore of the Bosphorus, among them one dedicated to the Great Martyr Theodore.

After the repose of the holy Patriarch Tarasius, he was ordained Patriarch, on April 12, 806, and in this high office led the Orthodox resistance to the Iconoclasts' war on piety, which was stirred up by Leo the Armenian. Because Nicephorus championed the veneration of the icons, Leo drove Nicephorus from his throne on March 13, 815, exiling him from one place to another, and lastly to the Monastery of Saint Theodore which Nicephorus himself had founded. It was here that, after glorifying God for nine years as Patriarch, and then for thirteen years as an exile, tormented and afflicted, he gave up his blameless soul in 828 at about the age of seventy.

June 03

Lucillian of Byzantium, 4 martyred Youths and Paula the Virgin

Formerly a priest of the idols near Nicomedia, the Saint came to the Christian Faith in his old age; this was during the reign of Aurelian (270-275). Lucillian was brought before Silvan the Count; when he refused to return to the service of the idols, his jaw was broken, he was beaten with rods, and hanged upside down, then imprisoned with four Christian children, Claudius, Hypatius, Paul, and Dionysius. All of them were brought out again before Silvan, and remaining constant in their faith, were cast into a raging furnace. Preserved unharmed, they were sent to Byzantium, where the children were beheaded, and Lucillian was crucified. The virgin Paula, a Christian, buried their holy relics. For this, she was taken before the Count, and refusing to sacrifice to the idols, was stripped naked

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# St. Demetrios Calendar of Events

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<td><strong>14 All Saints</strong>&lt;br&gt;Elisha the Prophet&lt;br&gt;Methodios, Pat. of Constantinople&lt;br&gt;Hebrews 11:33-40; 12:1-2&lt;br&gt;Matthew 10:32-33, 37-38; 19:27-30&lt;br&gt;Orthros (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td>15 Apostles Fast Begins&lt;br&gt;Amos the Prophet&lt;br&gt;Righteous Jerome&lt;br&gt;Romans 2:28-29; 3:1-18&lt;br&gt;Matthew 6:31-34; 7:9-11</td>
<td>16&lt;br&gt;Tychon the Wonderworker&lt;br&gt;40 Martyrs of Rome&lt;br&gt;Romans 4:4-12&lt;br&gt;Matthew 7:15-21</td>
<td>17&lt;br&gt;Isaurus, Cephalis&lt;br&gt;Methodios, Simeon, &amp; Kallist&lt;br&gt;Romans 4:13-25&lt;br&gt;Matthew 7:21-23</td>
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<td><strong>21 2nd Sunday of Matthew</strong>&lt;br&gt;Terentius, Bishop of Iconium&lt;br&gt;Romans 2:10-16&lt;br&gt;Matthew 4:18-23&lt;br&gt;Orthros (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td>22&lt;br&gt;Eusebius, Bishop of Samosata&lt;br&gt;Zenon &amp; his Servant Zenas&lt;br&gt;Romans 7:1-14&lt;br&gt;Matthew 9:36-38; 10:1-8</td>
<td>23&lt;br&gt;Agrippina the Martyr of Rome&lt;br&gt;Aristocles, Demetrius, Athanasius&lt;br&gt;Romans 7:14-8:2&lt;br&gt;Matthew 10:9-15</td>
<td>24&lt;br&gt;Nativity of St. John the Baptist&lt;br&gt;Elizabeth, Mother of John&lt;br&gt;Romans 13:11-14; 14:8&lt;br&gt;Luke 1:1-25, 57-68, 71-80</td>
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<td><strong>28 3rd Sunday of Matthew</strong>&lt;br&gt;Relics of Cyrus &amp; John&lt;br&gt;Pappias the Martyr&lt;br&gt;Romans 5:1-10&lt;br&gt;Matthew 6:22-33&lt;br&gt;Orthros (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td>29 Apostles Peter &amp; Paul&lt;br&gt;Peter &amp; Paul, the Holy Apostles&lt;br&gt;II Corinthians 11:21-33; 12:1-9&lt;br&gt;Matthew 16:13-19&lt;br&gt;Orthros (9:00 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td>30 Synaxis of the Twelve Apostles&lt;br&gt;Synaxis of the Twelve Apostles&lt;br&gt;Michael, the New Martyr of Athens&lt;br&gt;I Corinthians 4:9-16&lt;br&gt;Matthew 9:36; 10:1-8</td>
<td>July 1&lt;br&gt;Cosmas &amp; Damian&lt;br&gt;Constantine, Mar&lt;br&gt;I Corinthians 12:27-31&lt;br&gt;Matthew 10:1, 5-8</td>
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- Shaded days denote a fast day.  ✠ denotes a Liturgy  ♦ Great Vespers/Compline  ♦ Akathist/Paraklesis  ☪ Presanctified
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<td>Bartholomew the Holy Apostle Barnabas the Holy Apostle I Corinthians 4:9-16 Matthew 5:14-19 Small Paraklesis - 6:00 pm</td>
<td>Onuphrius of Egypt Peter the Athonite Romans 2:14-28 Matthew 5:33-41 Men's Peer Group - 8:00 pm</td>
<td>FAST FREE Leavetaking of Pentecost Aquilina the Martyr of Syria Romans 1:7-12 Matthew 5:42-48</td>
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and mercilessly thrashed; after other torments, she was beheaded, in 270. There was a church in their honor in Constantinople.

June 04

Our Father Metrophanes, Archbishop of Constantinople

Saint Metrophanes was born of pagan parents, but believed in Christ at a young age, and came to Byzantium. He lived at the end of the persecution of the Roman Emperors, and became the Bishop of Byzantium from about 315 to 325, during which time Saint Constantine the Great made it the capital of the Roman Empire, calling it New Rome. Saint Metrophanes sent his delegate, the priest Alexander, to the First Ecumenical Council in 325, since he could not attend because of old age. He reposed the same year and was buried by Saint James of Nisibis, one of the Fathers present at the First Ecumenical Council. The Canons to the Trinity of the Octoechos are not the work of this Metrophanes but another, who was Bishop of Smyrna about the middle of the ninth century, during the life of Saint Photius the Great.

Mary & Martha, the sisters of Lazarus

The Holy Myrrh-bearers Mary and Martha, together with their brother Lazarus, were especially devoted to our Savior, as we see from the accounts given in the tenth chapter of Saint Luke, and in the eleventh and twelfth chapters of Saint John. They reposed in Cyprus, where their brother became the first Bishop of Kition after his resurrection from the dead.

Sophia of Thrace, The Mother of Orphans

Our venerable Mother Sophia was born in the province of Ainos in southeastern Thrace, and was the daughter of pious Christian parents. When she was of age, her parents arranged for her to be married. She and her husband had six children. Though she was occupied with worldly cares and responsibilities, she still kept the commandments of God and lived a virtuous life. She loved to attend the Church services, and so she progressed in virtue.

After sickness carried off Sophia’s husband and all her children in succession, she did not despair, but became even more devoted to God. Within a period of twenty years, she adopted one hundred children, and raised them to love God. Because of this, she is sometimes called Saint Sophia the Mother of Orphans. She sold her property and gave the proceeds to the poor and to widows. She led an austere life, eating nothing but bread and water. She preferred to do without the necessities of life herself rather than allow any poor
person to leave her home empty-handed. The Psalms of the Prophet-King David were always on her lips, and tears flowed continuously from her eyes.

Because of her humility and her love for the poor, God blessed her in the following way. In her home there was a container of wine which she reserved for the poor. She noticed that no matter how much she took from the container, it remained full. However, as soon as she told someone about the miracle and glorified God, the container became empty. Saint Sophia became sorrowful, believing that the wine had failed because of her unworthiness. Therefore, she increased her ascetical labors until her health suffered.

Sensing that the end of her life was near, she received the monastic tonsure. From that time, she devoted herself completely to the worship of God. Saint Sophia reposed peacefully at the age of fifty-three. It is not known when she lived.

June 05

The Holy Hieromartyr Dorotheus, Bishop of Tyre

Saint Dorotheus became Bishop of Tyre in Phoenicia about the end of the third century. During the persecution of Diocletian and Maximian, about the year 303, he fled to Odyssopolis in Thrace to preserve his life, and after the death of the tyrants he returned to Tyre. He lived until the reign of Julian the Apostate (361-363), from whose persecution he again fled to Odyssopolis (or, according to Theophylact of Bulgaria, Edessa), but was found by Julian's men and slain in great torments, at the age of 107, in 361. He was very learned, and has left behind writings in both Latin and Greek relating the lives of the holy Prophets, Apostles, and other Saints.

June 06

Hilarion the New of Dalmation Monastery

Saint Hilarion, the fervent zealot for the veneration of the holy icons, was born in 775 and had Cappadocia as his homeland. About 806-811 he became Abbot of the Monastery of Dalmatus (see May 30), but was exiled by the Emperor Leo the Armenian, and later again by Theophilus; he was set free by the pious Empress Theodora, and again became Abbot of the Monastery of Dalmatus from 843 to 845, until the time of his repose.
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, Lou & Soula Economou, Edward & Gabriella Economous, Jean Farrington, Rob Nordin, James Kokas, Krista Koopman, Paul Kushner, Brenda LaBarge, Sharon Legner, Grace Makrianis, Bill Tarachas, John & Kristen Tsiros, 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"**
Follow this link to access our live-stream page on our website!

Follow this link to submit a prayer request, light a candle, and make an offering!

Follow this link for suggestions on preparing for worship during a live-streamed service.

Follow this link for suggestions on how to nurture and grow the "Church at home."

Follow this link for service texts, music, and more from AGES Initiatives!
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: ________

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Individual or Family

Name: ____________________________

Home Tel: ____________________________

Mobile Tel: ____________________________

Work Tel: ____________________________

Email: ____________________________

Occupation: ____________________________

(Last, current)

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Spouse (if applicable)

Name: ____________________________

---

Children (if applicable)

Names

Age: ____________

Age: ____________

Age: ____________

Age: ____________

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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)

---

ADMINISTRATION

___ Audit Committee
___ Election Committee
___ Office help

BUILDING & GROUNDS

___ Property Maintenance
___ Garden & Landscape
___ Iconography / Beautification

COMMUNICATIONS

___ Computer / Technical

EDUCATION

___ Website / Email
___ Adult Education

LITURGICAL

___ Newsletter / Publications

MINISTRIES

___ Hospitality / Welcome Ministry
___ Visitation (Sick / Shut-ins)
___ Outreach
___ Church School Teacher
___ Church School Administration
___ GOYA Advisor

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
When you support the Friends of the Metropolis campaign, you are part of a greater outreach that proclaims with one universal voice that God is truly our hope and our rock of salvation. Because of your devotion to the Friends program, ministries and programs are implemented on a Metropolis-wide basis which strengthen and enhance our faith and our joint ministry of service. I would like to invite you to join forces with the faithful throughout the Metropolis of Detroit in support of the ministries which are part of the Office of the Metropolitan.

Thanking you for your kind and generous response, I remain, with paternal blessings and prayers,

+Nicholas
Metropolitan of Detroit

MORE INFO AT:
WWW.DETROIT.GOARCH.ORG/FRIENDS

---

**Name**

**Address**

**City**  **State**  **Zip**

**Email**  **Mobile No.**

**Parish Name**  **City/State**

---

**GENERAL SUPPORT**

- Fully fund the general expenses of the Metropolis office, including programs and travels.

---

**CLERGY/PARISH SUPPORT**

- Develop and provide instructional seminars and services for clergy and parishes.

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**OUTREACH/MISSIONS**

- Create opportunities to introduce our faith to society. Participate in inter-Christian and interfaith activities. Provide quick responses to national and international disasters.

---

**YOUTH MINISTRIES**

- Support the youth & young adult ministries, including our summer camps, as well as the activities of a full-time Metropolis Director of Youth and Young Adult Ministries.

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**EDUCATION**

- Enhance various scholarship opportunities, adult education programs, and support Metropolis students at Hellenic College/Holy Cross.

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**LEADERSHIP**

- Organize Clergy-Laity Conferences, Oratorical Festivals, Youth Worker and Religious Education Training, and Adult Education Seminars.

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**HELENISM**

- Develop programs for Hellenic Cultural Outreach, including language, history, and arts.

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**SPECIAL PROGRAMS**

- Continued website development, hospitality to visiting dignitaries, charity and philanthropy.

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Make checks payable to Greek Orthodox Metropolis of Detroit. Fill out this card and send it with payment to Greek Orthodox Metropolis of Detroit 2560 Crooks Road Troy, MI 48084
**STEWARDSHIP REPORT - APRIL 26, 2020**

Our 2020 Stewardship goal is **$170,000**. As of **April 26**, we have received offerings reflecting **61%** 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: $102,905.00</th>
<th>Offerings Received: $51,826.00</th>
<th>Largest pledge: $7,020.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewards pledged: 96</td>
<td>Pledges Unfulfilled: $58,117.00</td>
<td>Median pledge: $1,000.00</td>
</tr>
</tbody>
</table>

*Rev. Fr. Timothy & Pr. Catherine Cook*
*Rev. Fr. Peter & Pr. Peggy Bistolarides*
*Russ & Augusta Ahejew*
*Debra Ahejew*
*Petro & Sandra Ahejew*
*Chris & Olga Anagost*
*George Andros*
*John & Kathi Andros*
*Dr. Thomas & Angela Barris*
*Dr. Andrew & Annie Bazakis*
*Bill & Vonne DeLong*
*Johnathan Bernhart*
*Sophia Bernhart*
*Tom & Joan Billingsley*
*Dr. John & Dr. Judy Blebea*
*Jeremy & Taylor Blohm*
*Perry Bujouves*
*Achilles & Georgia Caris*
*Dr. Constantinos & Mimi Constantinou*
*Bill & Vonnie DeLong*
*Ashley Dietzel*
*Austin Economous*
*Edward & Gabriella Economous*
*Michael & Dr. Stavroula Erfourth*
*Corey & Andrea Ferris*
*Kathleen Gavalas*
*Betty Lou Gustafson*

*Evan & Alexia Houpis*
*Kathy Huber*
*Matina Ioannidis*
*Dr. Risty & Karen Kalivas*
*George & Alexandra Kallos*
*Mersina Karris*
*Katerina & Athanasios Katsiouras*
*Elaine Kimmerly*
*James & Mary Kokas*
*Thomas & Athena Kurtz*
*Mark & Koula Legner*
*Dr. Elaine Makas*
*Andrew & Stephanie Mehl*
*Katherine Metropoulos*
*Adam & Eleni Morris*
*Tom & Peggy Nemode*
*Dr. David & Elan Nichols*
*David Ortega*
*Dennis & Soula Ostler*
*Eleftheria Paez*
*Jamey Paron*
*Dr. Kelly Paron*
*Marge Paron*
*Dr. Nicholas & Julie Paron*
*Douglas & Leta Povich*
*Julia Povich*
*Chris & Yiota Psetas*
*Christine Rapanos & John Mighion*
*George & Frances Rouman*

*Patricia Sharrad*
*Andreas & Paraskevi Skoutelas*
*Athanasios & Glykeria Skoutelas*
*William & Linda Stavropoulos*
*Achilles & Tena Tarachas*
*Electra Tarachas*
*William & Thespo Tarachas*
*Dr. George Triantafillou & Jean Farringtan*
*Art Tselepis*
*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*
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.

HELPING HANDS MINISTRY: During this period when we are being asked to observe a level of physical distance, the Philoptochos is working on contacting everyone to make sure everyone has what they need. If you would like to help with this ministry, please contact Joni Porchia or Fr. Timothy.

VOLUNTEER OPPORTUNITY: We are seeking volunteers to help with our Stewardship Ministry. If you are interested, please speak to Fr. Timothy or Judy Blebea.

LIVE-STREAMING SERVICES: See the following website for details and links:
http://stdemetrios.mi.goarch.org/church-at-home1/live-stream-our-services

PEER GROUPS: We are starting some peer groups to help our community stay in touch with each other and support each other throughout the shut-down. The men’s group will meet next on May 29th via Zoom. Join us!

CHRIST IS RISEN! TRULY HE IS RISEN!

Thanks to Fr. Peter, Pres. Peggy, Evan Houpis, Daniel Niederer, and Caitlin Niederer for assisting with services during this time.

Please be aware of your stewardship. God bless us all during this difficult time.
DONATE ONLINE TO FRIENDS OF THE METROPOLIS

www.detroit.goarch.org/friends

Make your Paschal Offerings online!

Make your Stewardship Offerings online!