UPCOMING EVENTS

Sunday  April 11  Sunday of St. John Climacus
            1-year Memorial - Loukas Tsiros
            Philoptochos Meeting

Monday  April 12  Great Compline
            Parish Council Meeting

Wednesday  April 14  Presanctified Liturgy
            Adult Sunday School

Thursday  April 15  Great Canon of St Andrew

Friday  April 16  Akathist Hymn & Salutations - Final
            Strategic Planning Zoom Retreat

Saturday  April 17  Strategic Planning Zoom Retreat
Antiphons. 2nd Mode.

Antiphon 1. Pg. 16. (By the prayers...)

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...

Ant. 2. Pg. 18. (Save us, O Son of God, Who did rise from the dead...).

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.
2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.
3: The Lord shall reign forever; your God, O Zion, to all generations.
Glory...Both now...Only Begotten Son...


Verse: This is the day the Lord made; let us greatly rejoice and be glad therein.
Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἑπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τόν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ᾅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Εἰσοδικόν. Ἦχος β’.

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

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.

Ἀπολυτίκια

Ἀναστάσιμον. Ἦχος γ’.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἑπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τόν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ᾅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Dismissal Hymns

Resurrectional. Mode 3.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Τοῦ Ὁσίου. Ἦχος πλ. δ’.

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

For the Devout Man. Mode pl. 4.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Τοῦ Ναοῦ. Ἦχος γ’.

Μέγαν εὐρατο ἐν τοῖς κινδύνοις, σὲ ὑπερμαχον ἑκάτερον ἀοράτῃ Ἰκάνον, Ἀθλοφόρε τῇ ἐθνικῇ τροπούμενον. Ὡς συν Λυαίου κάθειλες τὴν ἐπαρσίν, ἐν τῷ σταδίῳ

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
θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε,
Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν
Θεόν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα
ἔλεος.

Κοντάκιον. Ἦχος πλ. δʹ.
Τῇ ύπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς
λυτρωθεῖσα τῶν δεινῶν εὔχαριστήρια,
Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλʹ
ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ
παντοίων με κινδύνων ἐλευθέρωσον, Ἰνα
κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ἀνάγνωσμα τοῦ Ἀποστόλου
Προκείμενον. Ἦχος γʹ. Ψαλμὸς 46.
Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε, ψάλατε τῷ
βασιλεῖ ἡμῶν, ψάλατε.
Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας,
ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.
Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα. (6:13-20)
Ἄδελφοί, τῷ Ἀβραὰμ ἐπαγγειλάμενος ὁ
Θεός, ἐπεὶ κατ’ οὐδενὸς εἶχε μείζονος
ὀμόσαι, ὤμοσε καθ’ ἑαυτοῦ, λέγων· ἦ μὴν
εὐλογῶν εὐλογήσω σε καὶ πληθύνων
πληθυνῶ σε· καὶ οὕτω μακροθυμήσας
ἐπέτυχε τῆς ἐπαγγελίας. Ἄνθρωποι μὲν
γὰρ κατά τοῦ μείζονος ὀμνύουσι, καὶ
πάσης αὐτοῖς ἀντιλογίας πέρας εἰς
βεβαίωσιν ὁ ὅρκος· ἐν ᾧ περισσότερον
βουλόμενοι ὁ Θεὸς ἐπιδεῖξαι τοῖς
κληρονόμοις τῆς ἐπαγγελίας τὸ
ἀμεταθέτον τῆς βουλῆς αὐτοῦ,
ἐμεσίτευσεν ὅρκῳ, ἵνα διὰ δύο πραγμάτων
ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι
Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ

courage to Nestor in the stadium, thus, O holy Great Martyr Demetrius, to Christ our God pray fervently, beseeching Him to grant us His great mercy.

Kontakion. Mode pl. 4.
O Champion General, I your City now inscribe to you, triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you, I may cry aloud: rejoice, O Unwedded Bride.

Epistle Reading
Sing praises to God; sing praises; sing praises to our King; sing praises.
Vs.: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.
The reading is from Paul's Letter to the Hebrews. (6:13-20)
Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have
καταφυγόντες κρατήσαι τῆς προκειμένης ἐλπίδος· ἣν ὡς ἀγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσήλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδεκ, Ἀρχιερεύς γενόμενος εἰς τὸν αἰώνα.

Ἀληλούϊα. Ἁχος γ'. Ψαλμός 30.

Ἀληλούϊα. Ἀληλούϊα. Ἀληλούϊα.

Στίχ. α'. Ἐπὶ σοί, Κύριε, ἡλπίσα, μὴ καταισχυνθείν εἰς τὸν αἰώνα.

Ἀληλούϊα. Ἀληλούϊα. Ἀληλούϊα.

Στίχ. β'. Γενοῦ μοι εἰς Θεὸν ὑπερασπιστὴν καὶ εἰς οἶκον καταφυγῆς τοῦ σῶσαι με.

Ἀληλούϊα. Ἀληλούϊα. Ἀληλούϊα.

Ἀνάγνωσμα τοῦ Εὐαγγελίου
Κατὰ τὸν Μᾶρκον (9:17-31).

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· Διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σέ, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσιν, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· Ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρός με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· Πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· Παιδιόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτὸν· ἀλλ' εἴ τι

strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.


Vs. 1: In You, O Lord, I hope; may I not be ashamed forever.


Vs. 2: Be to me a God who protects me, and a house of refuge to save me.


Gospel Reading
According to Mark. (9:17-31).

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him;
δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ’ ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ: Τὸ εἰ δύνασαι πιστεύσαι, πάντα δυνατά τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· Πιστεύω, Κύριε· βοήθει μου τῇ ἀπίστια. ἱδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὁχλὸς ἔπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· Τὸ πνεῦμα τὸ ἄλαλον καὶ κωφὸν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃ εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτὸν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτὸν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ’ ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· Τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνῷ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς Ὅ, τοῦ γιὰ τὸ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

"Ὑμνὸς εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἠγιασμένος ναί, καὶ Παράδεισε λογικόν, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ἡμῶν ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι. but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you.
Our Father
Original Languages & Phonetics

Greek
Пάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιασθήτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθήτω τὸ θέλημά σου, ως ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ως καὶ ἡμεῖς ἁφίεμεν τοῖς ὀφειλέταις ἡμῶν καὶ μὴ εἰσενέγκῃς ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Arabic
لَيْبَأْنَا النَّذِي فِي السَّمَاءَاتِ، لَيْتَقْدِسْ أسمَكِ، لَيْكُونَ مُكْرَمَتَكَ كَمَا فِي السَّمَاءِ كَذَّلِكَ عَلَى الأرضِ. خُبْزُنا الْجَوْهَرِيَّ الْإِبْتِنَاءُ الْيَوْمَ. وَأَتَرَكْلَا نَا مَا عَلَيْنَا، كَمَا نَتَرُكْ نَحْنُ لَمَنْ لَنَا عَلَيْهِ، وَلَا نَتَخَلَّلْنَا فِي جَرْبَةٍ، لَكِنْ نَجْنَا مِنْ

Romanian
Tatăl nostru care ești în ceruri,
sfințească-se numele Tău,
vie împărăția Ta, facă-se voia ta,
precum în cer așa și pe pământ.
Pâinea noastră cea de toate zilele,
dă-ne-o nouă astăzi
și ne iartă nouă greșelile noastre
precum și noi iertăm greșitiilor noștri
și nu ne duce pe noi în șpitală
ci ne izbăvește de cel rău.
Wisdom of the Fathers

"Seest thou how He now proceeds to lay beforehand in them the foundation of His doctrine about fasting? ... See, at any rate, how many blessings spring from them both. For he that is praying as he ought, and fasting, hath not many wants, and he that hath not many wants, cannot be covetous; ... ." - St. John Chrysostom

"He that prays with fasting hath his wings double, and lighter than the very winds. ... For nothing is mightier than a man who prays sincerely. ... But if thy body be too weak to fast continually, still it is not too weak for prayer, nor without vigor for contempt of the belly. For although thou canst not fast, yet canst thou avoid luxurious living." - St. John Chrysostom

Saints of the Week

April 11

Sunday of St. John Climacus

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, The Ladder of Divine Ascent, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

April 14

Aristarchus, Pudens, Trophimus the Apostles of the 70

Saint Aristarchus is mentioned in the Epistle to the Colossians (4:10), and also in the Epistle to Philemon (v. 24). By his ascetical manner of life, this Saint proved to be another Saint John the Baptist. He became Bishop of Apamea in Syria, and brought many to the Faith of Christ. Saints Pudens and Trophimus are mentioned in II Timothy 4:20-21. Also, Acts 21:29 mentions that Trophimus was from Ephesus. According to sources that Saint Dorotheus of Tyre (celebrated on June 5) found written in Latin in Rome, these Apostles were beheaded in Rome during the reign of Nero (54-68).

April 16 - Agape, Chionia, and Irene, the Holy Martyrs

When the Emperor Diocletian was at Aquileia, he learned that these Saints were Christians, and had them brought before him. Because they would not deny Christ, he had them imprisoned, and when he went into Macedonia, he committed them to Dulcitius the Prefect, who, however, lost his understanding and became incapable of doing them any harm. Diocletian then gave Count Sisinius charge over them. He had Saints Agape and Chionia burned; he ordered that Saint Irene be put in a brothel, but by
the providence of God this was not accomplished, and she was shot with an arrow. These holy sisters suffered martyrdom in Thessalonica in the year 295.

**April 17**

**5th Saturday of Lent: The Akathist Hymn**

About the year 626, the Persians, Avars, and Slavs came with a great host and besieged the imperial city of Constantinople while the Emperor Heraclius and the main body of the Byzantine army were absent in the East. Enemy ships filled the sea, especially the Golden Horn, and on land the adversaries were ready for attack with foot-soldiers, horses, and engines of war. Though the citizens courageously withstood them, yet they were few in number and would be unable to repulse the attack of such a great host. Hence, they could not count on any other means of salvation, except the protection of the Theotokos. And truly, suddenly a violent tempest broke up all the ships and submerged them, and the bodies of the invaders were cast out near the Blachernae quarter of the city where the famous Church of the Theotokos stood. Taking courage from this, the people went forth from the city and repulsed the remaining forces, who fled out of fear. In 673, the city was miraculously delivered yet again, this time from an invasion of the Arabs. Then in 717-718, led by the Saracen general Maslamah, the Arab fleet laid siege once more to the city. The numerical superiority of the enemy was so overwhelming that the fall of the Imperial City seemed imminent. But then the Mother of God, together with a multitude of the angelic hosts, appeared suddenly over the city walls. The enemy forces, struck with terror and thrown into a panic at this apparition, fled in disarray. Soon after this, the Arab fleet was utterly destroyed by a terrible storm in the Aegean Sea on the eve of the Annunciation, March 24, 718. Thenceforth, a special "feast of victory and of thanksgiving" was dedicated to celebrate and commemorate these benefactions. In this magnificent service, the Akathist Hymn is prominent and holds the place of honour. It appears that even before the occasion of the enemy assaults mentioned above, the Akathist Hymn was already in use as the prescribed Service for the Feast of the Annunciation, together with the kontakion, "When the bodiless one learned the secret command," which has the Annunciation as its theme. It was only on the occasion of the great miracle wrought for the Christian populace of the Imperial City on the eve of the Annunciation in 718 that the hymn "To thee, the Champion Leader" was composed, most likely by Saint Germanus, Patriarch of Constantinople.

Historians have ascribed the Akathist Hymn to Patriarch Sergius of Constantinople (638), to Saint George the Confessor, Bishop of Pisidia (818), or even to Saint Photius the Great (891), all of whom lived either at the time of or after the above-mentioned sieges. However, it appears most likely from its language, content, and style that the true composer of the Akathist Hymn is Saint Romanus the Melodist (6th century).
<table>
<thead>
<tr>
<th></th>
<th><strong>SUNDAY</strong></th>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>St. John Climacus</td>
<td>Basil the Confessor, Bp. of Parium</td>
<td>Martin the Confessor, Pope of Rome</td>
<td>Aristarchus, Pude</td>
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<td></td>
<td>Antipas, Bishop of Pergamum</td>
<td>Anthousa the Righteous</td>
<td>Theodosios the Martyr</td>
<td>Apostles of the</td>
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<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td>Great Compline (6:00 pm)</td>
<td>Presanctified Liturgy</td>
<td>Presanctified Liturgy</td>
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<tr>
<td></td>
<td>Daughters of Penelope Meeting</td>
<td>Parish Council Meeting (7:00 pm)</td>
<td>Adult Sunday School</td>
<td>Adult Sunday School</td>
</tr>
<tr>
<td>18</td>
<td>St. Mary of Egypt</td>
<td>Holy Hieromartyr Paphnutius</td>
<td>Theodore the Trichinas</td>
<td>Holy Hieromartyr</td>
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<td></td>
<td>Holy Father John the Righteous</td>
<td>George the Confessor</td>
<td>Zacchaeus the Apostle of Caesaria</td>
<td>Those With Him</td>
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<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td>Great Compline (6:00 pm)</td>
<td>Presanctified Liturgy</td>
<td>Presanctified Liturgy</td>
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<tr>
<td></td>
<td>Philoiptchos Meeting</td>
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<td>Adult Sunday School</td>
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<tr>
<td>25</td>
<td>Palm Sunday</td>
<td>Holy Martyr Basil, Bp. of Amasea</td>
<td>Holy Hieromartyr Symeon,</td>
<td>Holy Week</td>
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<td></td>
<td>Mark the Apostle &amp; Evangelist</td>
<td>Holy Martyr Basil, Bp. of Amasea</td>
<td>Kinsman of the Lord</td>
<td>The Holy Nine Martyrs</td>
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<tr>
<td></td>
<td>Orthros (8:50 am)</td>
<td>Presanctified Liturgy (9:00 am)</td>
<td>Presanctified Liturgy (9:00 am)</td>
<td>Presanctified Liturgy</td>
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<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td>Bridegroom Matins (6:00 pm)</td>
<td>Bridegroom Matins (6:00 pm)</td>
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<td></td>
<td>Bridegroom Matins (6:00 pm)</td>
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<td>Holy Unction (6:00 pm)</td>
<td>Holy Unction (6:00 pm)</td>
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<tr>
<td>2</td>
<td>Holy Pascha</td>
<td>Holy Martyrs Timothy and Maura</td>
<td>Mark the Apostle and Evangelist</td>
<td>Irene the Great Martyr</td>
</tr>
<tr>
<td></td>
<td>Hesperos &amp; Zoe the Righteous</td>
<td>George the Great Martyr</td>
<td>Hilary the Wonderworker</td>
<td>The Righteous Martyr</td>
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<td></td>
<td>Orthros (12:00 am)</td>
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<td>Divine Liturgy (1:00 am)</td>
<td>Agape Vespers (11:00 am)</td>
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<tr>
<td>9</td>
<td>Thomas Sunday</td>
<td>Laurence of Egypt</td>
<td>Hieromartyr Mocius</td>
<td>Epiphanius, Bishop</td>
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<td></td>
<td>The Holy Prophet Esaias</td>
<td>Isodora of Egypt</td>
<td>Methodius &amp; Cyril, Equal-to-the</td>
<td>Germanos, Pat. of</td>
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<tr>
<td></td>
<td>Christopher the Martyr of Lycea</td>
<td>1 Corinthians 4:9-16</td>
<td>Apostles Illuminators of the Slavs</td>
<td>Acts 4:13-22</td>
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<td></td>
<td>John 20:19-31</td>
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<td>John 3:16-21</td>
<td>Adult Sunday School</td>
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<td>Orthros (8:50 am)</td>
<td>Parish Council Meeting (6:30 pm)</td>
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<td></td>
<td>Divine Liturgy (10:00 am)</td>
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</tbody>
</table>

- Shaded days denote a fast day.  ✝️ denotes a Liturgy  ◆ Great Vespers/Compline  ❣️ Akathist/Paraklesis  ⚫️ Presanctified Liturgy
<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td></td>
<td>Crescens the Martyr</td>
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<td></td>
<td>Isaiah 42:5-16</td>
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<td>Genesis 18:20-33</td>
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<td>Proverbs 16:17-17:17</td>
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<td></td>
<td>Great Canon of St. Andrew</td>
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<td>AHEPA Meeting</td>
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<td>Theodore of Sykeon</td>
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<td>Nathaniel, Luke, &amp; Clemente</td>
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<td>the Apostles</td>
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<td>Isaiah 65:8-16</td>
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<td>Genesis 46:1-7</td>
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<td>Proverbs 23:15-24:5</td>
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<td>Liturgy (5:00 pm)</td>
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<td>School (8:00 pm)</td>
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<td>29</td>
<td>HOLY THURSDAY</td>
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<td></td>
<td>Jason and Sosipater the Apostles of</td>
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<td>the 70 and their Companions</td>
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<td></td>
<td>1 Corinthians 11:23-32</td>
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<td>Twelve Passion Gospels</td>
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<td>Vesperal Liturgy (9:00 am)</td>
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<td>Passion Service (6:00 pm)</td>
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<td>HOLY FRIDAY</td>
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<td></td>
<td>James the Apostle</td>
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<td>1 Corinthians 5:6-8</td>
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<td>Matthew 27:62-66</td>
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<td>Great Hours (8:00 am)</td>
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<td>Unnailing Vespers (2:00 pm)</td>
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<td>Service of the Epitaphio (6:00 pm)</td>
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<td>Job the Prophet</td>
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<td>Sophia of Kleisoura</td>
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<td>Acts 2:38-43</td>
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<td>John 3:1-15</td>
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<td>Sergios the Confessor</td>
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<td>Alexandros the Martyr</td>
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<td>Acts 4:23-31</td>
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<td>John 5:24-30</td>
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<td>Small Paraklesis (St. Demetrius) (6:00 pm)</td>
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<td>Isidore the Martyr of Chios</td>
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<td>Holy New Martyrs Mark and John</td>
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<td>Acts 5:1-11</td>
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<td>John 5:30-47; 6:1-2</td>
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<td>Pachomius the Great</td>
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<td>Barbaros the Myrrhbearer of Keryra</td>
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<td>Acts 5:21-32</td>
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<td></td>
<td>John 6:14-27</td>
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</tbody>
</table>

**May 1**

**HOLY SATURDAY**

- Jeremias the Prophet
- John 11:1-45
- Vesperal Liturgy - Protoanastasi (9:00 am)
- Paschal Vigil (11:00 pm)

**Synaxis of the Holy Powder (or manna) which emitted from the tomb of St. John the Theologian**

- Acts 3:11-16
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, 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
2021 Stewardship Commitment Form

“When Jesus landed and saw a large crowd, He had compassion on them and healed their sick.” - Matthew 14:14

THE GREATEST OF THESE IS LOVE

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>Home Tel:</td>
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<td>Occupation:</td>
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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>__ Newsletter / Publications</th>
<th>__ Family Ministry</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Audit Committee</td>
<td>__ Website / Email</td>
<td>__ Hospitality / Welcome Ministry</td>
</tr>
<tr>
<td>__ Election Committee</td>
<td>__ Education</td>
<td>__ Visitation (Sick / Shut-ins)</td>
</tr>
<tr>
<td>__ Office help</td>
<td>__ Adult Education</td>
<td>__ Outreach</td>
</tr>
<tr>
<td>BUILDING &amp; GROUNDS</td>
<td>LITURGICAL</td>
<td>YOUTH</td>
</tr>
<tr>
<td>__ Property Maintenance</td>
<td>__ Baking Prophora</td>
<td>__ Church School Teacher</td>
</tr>
<tr>
<td>__ Garden &amp; Landscape</td>
<td>__ Music Ministries</td>
<td>__ Church School Administration</td>
</tr>
<tr>
<td>__ Iconography / Beautification</td>
<td>__ Sanctuary &amp; Altar Care</td>
<td>__ GOYA Advisor</td>
</tr>
<tr>
<td>COMMUNICATIONS</td>
<td>MINISTRIES</td>
<td>OTHER</td>
</tr>
<tr>
<td>__ Computer / Technical</td>
<td>__ Coffee Hour</td>
<td>________________</td>
</tr>
</tbody>
</table>

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/

CONFIDENTIAL: For Authorized Parish Personnel Only
Stewardship Report - April 5, 2021

Our 2021 Stewardship goal is $170,000. As of April 5, we have received pledges reflecting 71% of that goal. Thank you to the following faithful stewards who have submitted their pledge cards for 2021. 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).

Total Pledges: $122,815.00
Stewards pledged: 92
Offerings Received: $57,332.91
Pledges Unfulfilled: $75,987.09
Largest pledge: $6,760.00
Median pledge: $1,000.00

Rev. Fr. Timothy & Pr. Catherine Cook
Rev. Fr. Peter & Pr. Peggy Bistolarides
Augusta Ahejew
Petro & Sandra Ahejew
Chris & Olga Anagost
John & Kathi Andros
Dr. Thomas & Angela Barris
Johnathan Bernhart
Sophia Bernhart
Thomas & Joan Billingsleys
Dr. John & Dr. Judy Blebea
Jeremy & Taylor Blohm
Dr. Kevin & Bessie Bone
Tula Brown
Brady & Sandy Duke
Mark & Anastasia Bristley
Perry Bujouves
Georgia Caris
Bill & Vonnie DeLong
Soula Economou
Bill & Alexia Evans
Corey & Andrea Ferris
Kathleen Gavalas
Betty Lou Gustafson
Evan & Alexia Houpis
Doug & Linda Hubbell
Matina Ioannidis
Risty & Karen Kalivas
Mersina Karris
Katerina & Athanasios Katsiouras
Anna Kennedy
Ron & Connie Kelso
Sameer & Areen Khoury
Elaine Kinnerly
James & Mary Kokas
Thomas & Anastasia Kokas
Anthony & Rula Koutras
Thomas & Athena Kurtz
Mr. & Mrs. Legakis
Mark & Koula Legner
Dr. Elaine Makas
Grace Makrianis
Katherine Metropoulos
John Mighion & Christine Rapanos
Dymitr Malik
Barbara Milionis
Adam & Eleni Morris
Tom & Peggy Nemode
Dr. David & Elan Nichols
David Ortega
Dennis & Soula Ostler
Eleftheria Paez
Jamey Paron
Kelly Paron
Marge Paron
Dr. Nicholas & Julie Paron
Tim Patishnock
Eliana Porchia
Jenie & Jose Porchia
Leonardo Porchia
Doug & Leta Povich
Julia Povich
Doug & Leta Povich
Elaine Rapanos
Jason Rapanos
George & Fran Rouman
Majed & Rheade Sahouri
Eftihios & Beverly Siradakis
Andy & Voula Skoutelas
Jacob & Ruha Sous
Michael & Dawn Sous
Nicholas Sous
Bill & Linda Stavropoulos
Elaine Tambouridis
Elektra Tarachas
William & Thespo Tarachas
George Triantafillou & Jean Farrington
Art Tselepis
James Triant
Dr. George & Virginia Ulmer
Athanasios & Eipnvn Veremis
John Veremis
Theodore & Georgia Veremis
Kathleen Zacharko
Eva Zestos
George & Gladys Zubulake
Jim & Esmini Zubulake
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

<table>
<thead>
<tr>
<th>General Support</th>
<th>Clergy/Parish Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully fund the general expenses of the Metropolis office, including programs and travels.</td>
<td>Develop and provide instructional seminars and services for clergy and parishes.</td>
</tr>
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<tr>
<th>Outreach/Missions</th>
<th>Youth Ministries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create opportunities to introduce our faith to society. Participate in inter-Christian and interfaith activities. Provide quick responses to national and international disasters.</td>
<td>Support the youth &amp; young adult ministries, including our summer camps, as well as the activities of a full-time Metropolis Director of Youth and Young Adult Ministries.</td>
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<thead>
<tr>
<th>Education</th>
<th>Leadership</th>
</tr>
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<tbody>
<tr>
<td>Enhance various scholarship opportunities, adult education programs, and support Metropolis students at Hellenic College/Holy Cross.</td>
<td>Organize Clergy-Laity Conferences, Oratorical Festivals, Youth Worker and Religious Education Training, and Adult Education Seminars.</td>
</tr>
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<tr>
<th>Hellenism</th>
<th>Special Programs</th>
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<tr>
<td>Develop programs for Hellenic Cultural Outreach, including language, history, and arts.</td>
<td>Continued website development, hospitality to visiting dignitaries, charity and philanthropy.</td>
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</tbody>
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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
This Lent, we are running a fundraiser to benefit the Orthodox Christian Mission in Guatemala, at which Dn. Thomas & Diakonissa Elizabeth Manuel (who visited us a couple of years ago) are currently serving.

We will be raising funds from Sunday of Orthodoxy (March 21st) to Pascha (May 2nd).

The tournament will be between three jars - one for Michigan, one for CMU, and one for Michigan State. All donations to benefit IOCC.

We will announce the winner on Pascha. The jars are in the Narthex, let the games begin!

**How to Play**

- Bring in pennies, nickels, dimes, quarters, cash or checks
- Deposit your donations in the jar of your choice.
- The jar with the most funds raised by Pascha wins!
ST. DEMETRIOS LENTEN
UNDERGROUND RAILROAD DRIVE

Donations

This year for our Lenten Outreach we will be collection donations and items for the Underground Railroad, a local emergency shelter for victims of domestic & sexual violence in the community. Annually, they provide 14,000 safe bed nights for over 500 women & children, along with additional services for more than 4,000 families in Saginaw County. All funds and items raised will go to the shelter.

Each week we will be raising a different set of items. Donations during that week will either be sent directly to Underground Railroad or will be used to purchase additional items for that week. All items must be new (nothing used). You can drop donations in the Underground Railroad bin in the Narthex.

Items for the 5th Week of Lent (April 12th - April 18th) are:
• Unopened shampoo, conditioner, & body wash (travel & full size).
• Unopened ethnic hair care products.
• Unopened deodorant.

Items for the 6th Week of Lent (April 19th - April 25th) are:
• Pillows, twin-size sheets, twin-size blankets, wash cloths.

We are also looking for volunteers to deliver each week's donations to the shelter, or purchase additional items using any donated funds. To volunteer, speak to Fr. Timothy or contact Andrea Ferris (amackool@gmail.com).

Please place all donated items in the Donation Bin in the Narthex. All donations (cash or check) should be made out to the Church, with "UR Drive" in the memo line, and placed in the tray.

Orthodox Lent is more than fasting.
Prayer.......Fasting.......Almsgiving
METROPOLIS OF DETROIT COVID-19 PANDEMIC RESPONSE

GENERAL REQUIREMENTS  
(see website or call office with questions)

- Anyone who is currently experiencing any symptoms of illness must stay at home.

  St. Demetrios will continue to live-stream all of our services, so anyone who is so desires may continue streaming our services from home.

- Everyone is required to wear masks. Masks are available at the door.
- Everyone is required to sign-in as they enter the Church. This information is held at the Church and is not distributed to anyone else. We collect this only for our own contact-tracing purposes (which hopefully will not be necessary).
- Please maintain a physical distance of at least six feet between families.
- The faithful should refrain from kissing the icons and other holy objects, showing reverence instead with a bow.
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.

CONFESSIO: If you would like to come to Confession, you can call Fr. Timothy or the Church Office to make an appointment. Fr. Timothy is not keeping regular office hours at the Church as of now, but he is generally available by appointment for most days. Fr. Peter is also available by appointment.

SECRETARY OUT: Gabby, our parish secretary, is still recovering from her surgery. Please keep her in your prayers for a successful operation and speedy recovery. Office hours and operations may be a little sporadic, as a result.

FLOWERS FOR THE EPITAPHION: Thank you to everyone who has pledged and donated to help beautify the Church during Great Lent & Holy Week! We are also raising funds to help cover the costs of the flowers and other materials to decorate the Kouvouklion for Holy Friday this year. If you would like to help with this, the envelopes are at the pangari. You can also contribute using the online portal (link on the website under "other donations").

TODAY’S GREETERS
Corey Ferris & Andrea Ferris

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. We look forward to when we can safely resume our normal routine.
April 11th
Sunday of St. John Climacus
On the Fourth Sunday of Great and Holy Lent, the Orthodox Church commemorates St. John Climacus, the author of the Ladder of Divine Ascent. This book is written as a guide to the ascetic life and seeks to show the way to lay a sound foundation for struggles, war against the passions, avoid the snares of demons, and rise from rudimental virtues to Godlike love and humility.
This book is held in such high regard that it is read in its entirety in monasteries during Great Lent. The week following contains the full forms of both the Great Canon of St. Andrew and the Akathist Hymn.

April 15th
Great Canon of St. Andrew
Also known as the Canon of Repentance, the Great Canon of St. Andrew is sung in four parts on the first four days of Great Lent and in its entirety on the fifth Thursday of Great Lent.

St. Demetrios
Greek Orthodox Church

Lenten Service Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Service</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Great Compline</td>
<td>6:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Presanctified Liturgy</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>Akathist Hymn &amp; Salutations</td>
<td>6:00 PM</td>
</tr>
</tbody>
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*Only celebrated on the first five Fridays of Lent.