



WEEKLY BULLETIN

July 16th , 2023

**Athenogenes the Holy Martyr of
Heracleopolis**

Julia the Virgin-martyr of Carthage

Sunday of the Holy Fathers

Sunday	July 16	Sunday of the Holy Fathers Orthros & Divine Liturgy Adult Catechesis during Coffee Hour
Mon.-Sat.	July 17-22	Fr. Timothy away at the Camp
Sunday	July 23	7th Sunday of Matthew Orthros & Divine Liturgy Adult Catechesis during Coffee Hour
Thursday	July 27	Small Paraklesis (Theotokos)
Friday	July 28	Men's Group
Saturday	July 29	Adult Catechesis
Sunday	July 30	11th Sunday of Matthew Orthros & Divine Liturgy
Tuesday	August 1	Small Paraklesis



ST. DEMETRIOS GREEK ORTHODOX CHURCH

Address: 4970 Mackinaw Rd, Saginaw, MI 48603

Phone: 989-793-8822 | Fax: 989-793-8896 | Email: stdemetriosmi@gmail.com

Website: www.stdemetriosmi.org | Facebook: facebook.com/stdemetriosmi

Clergy: Fr. Timothy Cook | Fr. Timothy's cell phone: 517-515-9565

Fr. Timothy's email: frtimothycook@gmail.com

*St. Demetrios Greek Orthodox Church exists to unite all in Christ's love,
so that all may find salvation.*

Sunday of the Holy Fathers

July 16th

Ἀντίφωνα

Antiphons

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

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

Στίχ. α'. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον, καὶ
πάντα τὰ ἐντός μου τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

Vs. 1: Bless the Lord, O my soul, and
everything within me, bless His holy name.

Στίχ. β'. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον, καὶ μὴ
ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.

Vs. 2: Bless the Lord, O my soul, and forget
not all His rewards.

Στίχ. γ'. Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.

Vs. 3: he Lord prepared His throne in
heaven, and His Kingdom rules over all.

Δόξα...Καὶ νῦν...Ταῖς πρεσβείαις...

Glory...Both now...By the intercessions...

*Ἀντίφ. β'. (Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς
ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα).*

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

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ
Θεῷ μου ἕως ὑπάρχω.

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.

Στίχ. β'. Μακάριος σὺ ὁ Θεὸς Ἰακώβ βοηθὸς
αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν Θεὸν αὐτοῦ.

Vs. 2: Blessed is he whose help is the God
of Jacob; his hope is in the Lord his God.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ
Θεός σου, Σιών, εἰς γενεὰν καὶ γενεάν.

Vs. 3: The Lord shall reign forever; your
God, O Zion, to all generations.

Δόξα Πατρὶ...Καὶ νῦν...Ὁ Μονογενὴς Υἱός...

Glory...Both now...Only Begotten Son...

Ἀντίφωνον γ'. Ἦχος πλ. α'.

Antiphon 3. Mode pl. 1.

Στίχ. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος·
ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

Vs. This is the day the Lord made; let us
greatly rejoice and be glad therein.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠδύοκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

As the Father and Spirit are unoriginate, so the Word, who was born from the Virgin for us. Let us praise Him, O believers, and let us worship Him. For our salvation He was pleased to be crucified in the flesh, and to undergo death, and to resurrect the dead, by His glorious resurrection.

Εἰσοδικόν. Ἦχος β΄.

Entrance Hymn. Mode 2.

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

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.

Ἀπολυτικά

Dismissal Hymns

Ἀπολυτικίον. Ἦχος πλ. α΄.

Resurrectional. Mode pl. 1.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠδύοκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

As the Father and Spirit are unoriginate, so the Word, who was born from the Virgin for us. Let us praise Him, O believers, and let us worship Him. For our salvation He was pleased to be crucified in the flesh, and to undergo death, and to resurrect the dead, by His glorious resurrection.

Τῶν Πατέρων. Ἦχος πλ. δ΄.

For the Fathers. Mode pl. 4.

Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὀδηγήσας· πολυεύσπλαγχνε, δόξα σοι.

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.

Τοῦ Ναοῦ. Ἦχος γ΄.

For the Church. Mode 3.

Μέγαν εὔρατο ἐν τοῖς κινδύνοις, σὲ ὑπερμαχον ἢ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου κάθειλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

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 Lyaio'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.

Κοντάκιον. Ἦχος β'.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

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.

Ἀνάγνωσμα τοῦ Ἀποστόλου

*Προκείμενον. Ἦχος πλ. δ'. Ψαλμὸς 31.
Εὐφράνθητε ἐπὶ Κύριον καὶ ἀγαλλιᾶσθε,
δίκαιοι.*

Στίχ. Μακάριοι ὧν ἀφέθησαν αἱ ἀνομίαι.

Πρὸς Τίτον Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (3:8-15)

Τέκνον Τίτε, πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαι σε διαβεβαιουῖσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προῖστασθαι οἱ πεπιστευκότες θεῷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις · μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιίτασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. Αἰρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νουθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει, ὧν αὐτοκατάκριτος. Ὅταν πέμψω Ἀρτεμᾶν πρὸς σὲ ἢ Τυχικόν, σπούδαςον ἐλθεῖν πρὸς με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηνᾶν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπη. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προῖστασθαι εἰς

Epistle Reading

*Prokeimenon. Mode pl. 4. Psalm 31.
Be glad in the Lord and rejoice greatly, O
righteous ones.*

*Vs.: Blessed are those whose transgressions
are forgiven.*

The reading is from Paul's Letter to Titus. (3:8-15)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply

τὰς ἀναγκαίαις χρείαις, ἵνα μὴ ὤσιν ἄκαρποι. Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες. Ἄσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν. Ἀμήν.

Ἀλληλοῦῖα. Ἦχος δ'. Ψαλμὸς 43.

Ἀλληλοῦῖα. Ἀλληλοῦῖα. Ἀλληλοῦῖα.

Στίχ. α'. Ὁ Θεός, ἐν τοῖς ὠσίν ἡμῶν ἠκούσαμεν

Ἀλληλοῦῖα. Ἀλληλοῦῖα. Ἀλληλοῦῖα.

Στίχ. β'. Ἔσωσας γὰρ ἡμᾶς ἐκ τῶν θλιβόντων ἡμᾶς.

Ἀλληλοῦῖα. Ἀλληλοῦῖα. Ἀλληλοῦῖα.

Ἀνάγνωσμα τοῦ Εὐαγγελίου

Ἐκ τοῦ κατὰ Ματθαῖον (5:14-19)

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ μαθηταῖς· Ὑμεῖς ἐστε τὸ φῶς τοῦ κόσμου. οὐ δύναται πόλις κρυβῆναι ἐπάνω ὄρους κειμένη· οὐδὲ καίουσι λύχνον καὶ τιθέασι αὐτὸν ὑπὸ τὸν μόδιον, ἀλλ' ἐπὶ τὴν λυχνίαν, καὶ λάμπει πᾶσι τοῖς ἐν τῇ οἰκίᾳ. οὕτω λαμψάτω τὸ φῶς ὑμῶν ἔμπροσθεν τῶν ἀνθρώπων, ὅπως ἴδωσιν ὑμῶν τὰ καλὰ ἔργα καὶ δοξάσωσι τὸν πατέρα ὑμῶν τὸν ἐν τοῖς οὐρανοῖς. Μὴ νομίσητε ὅτι ἦλθον καταλῦσαι τὸν νόμον ἢ τοὺς προφῆτας· οὐκ ἦλθον καταλῦσαι, ἀλλὰ πληρῶσαι. ἀμήν γὰρ λέγω ὑμῖν, ἕως ἂν παρέλθῃ ὁ οὐρανὸς καὶ ἡ γῆ, ἰῶτα ἓν ἢ μία κεραία οὐ μὴ παρέλθῃ ἀπὸ τοῦ νόμου ἕως ἂν πάντα γένηται. ὃς ἐὰν οὖν λύσῃ μίαν τῶν ἐντολῶν τούτων τῶν ἐλαχίστων καὶ διδάξῃ οὕτω τοὺς ἀνθρώπους, ἐλάχιστος κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν· ὃς δ' ἂν ποιήσῃ καὶ διδάξῃ, οὗτος μέγας κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν.

themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Alleluia. Mode 4. Psalm 43.

Alleluia. Alleluia. Alleluia.

Vs. 1: O God, we heard with our ears.

Alleluia. Alleluia. Alleluia.

Vs. 2: For You saved us from those who afflict us.

Alleluia. Alleluia. Alleluia.

Gospel Reading

According to Matthew (5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

OUR FATHER - ORIGINAL LANGUAGES & PHONETICS

Greek

Πάτερ ἡμῶν / ὁ ἐν τοῖς οὐρανοῖς
ἀγιασθήτω τό ὄνομά σου,
ἐλθέτω ἡ βασιλεία σου,
γενηθήτω τό θέλημά σου,
ὡς ἐν οὐρανῷ καί ἐπί τῆς γῆς.
Τόν ἄρτον ἡμῶν τόν ἐπιούσιον
δός ἡμῖν σήμερον
καί ἄφες ἡμῖν τά ὀφειλήματα ἡμῶν,
ὡς καί ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν
καί μή εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,
ἀλλά ῥῦσαι ἡμᾶς ἀπό τοῦ πονηροῦ.

Arabic

أَبَانَا الَّذِي فِي السَّمَاءَاتِ، لِيَتَقَدَّسَ اسْمُكَ. لِيَأْتِ مَلَكُوتُكَ.
لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ. خُبْرَنَا
الْجَوْهَرِيَّ أَعْطَانَا الْيَوْمَ. وَأَتْرُكْ لَنَا مَا عَلَيْنَا، كَمَا نَتْرُكُ
نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا نُدْخِلْنَا فِي تَجْرِبَةٍ، لَكِنْ نَجِّنَا مَنْ

Romanian

Tatăl nostru care ești în ceruri,
sfințească-se numele Tău,
vie împărăția Ta, făcă-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 greșiților noștri
și nu ne duce pe noi în ispită
ci ne mântuește de cel viclean.

Greek (English phonetics)

Páter imón / o en tis ouranís,
agiasthító to ónomá Sou;
elthéto I Vasilía Sou;
genithító to thélimá Sou,
os en ouranó ke epi tis ghis.
Ton árton imón ton epiouσίon
dos mín símeron;
ke áfes imín ta ofelímata imón
os ke imís afíemen tis ofilétes imón;
ke mi isenégis imás is pirasmón,
ala ríse imás apó tou poniroú.

Arabic (English phonetics)

Abana-lathee fis samawat,
li-yataqaddas ismok,
liyati malakutuk,
litakun mashi-a-tuk,
kama fis-sama, kathalik alal ard.
Khubzanal jowhari atinal yowm,
watruk lana ma alayna,
kama natruku nahnu li-man lana alay,
wa la tudkhillna fi tajriba,
lakin naj-jina minash-shireer.

Romanian (English phonetics)

Tatəl nostru carele eshti in cheruri,
Sfintzeascə-se numele Təu,
vie imperətzia Ta, făcə-se voia ta,
precum in cher, asha shi pe pəmint.
Piinea noastrə chea de toate zilele,
də-ne-o nouə astəzi
Shi ne iartə nouə greshalele noastre
precum shi noi iertəm greshitzilor noshtri
Shi nu ne duche pe noi in ispitə
chi ne mintuyeshte de chel viclean.

Wisdom of the Fathers

"Every work which does not have love as its beginning and root is nothing."

- *St. John Chrysostom*

Saints and Feasts

July 16 - Sunday of the Holy Fathers of the 4th Ecumenical Council

On the Sunday that falls from the 13th to the 19th of the present month, we chant the Service to the 630 Holy and God-bearing Fathers who came together for the 4th Ecumenical Council who assembled in Chalcedon in 451, to condemn Eutyches, who taught that there was only one nature, the divine, in Christ after the Incarnation, and Dioscorus, Patriarch of Alexandria, who illegally received Eutyches back into communion and deposed Saint Flavian, Patriarch of Constantinople, who had excommunicated Eutyches.

Athenogenes the Holy Martyr of Heracleopolis

This Saint was from Cappadocia and, according to the Synaxaristes, became Bishop of Pidachthoa. He and ten of his disciples were tortured and beheaded by the Governor of Philomarchus in the times of Diocletian. There is a second Martyr Athenogenes commemorated today, mentioned by Saint Basil in Chapter 29 of his treatise "On the Holy Spirit"; it is said that as this Athenogenes approached the fire, wherein he was to die a martyric death, he chanted the hymn O Joyous Light in praise of the Holy Trinity.

July 17 - Marina the Great Martyr of Antioch

This Martyr lived during the reign of Claudius II (268-270). She was from Pisidia of Cilicia and was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrius, and when asked her name, homeland, and faith, she answered: "My name is Marina; I am the offspring of the Pisidia; I call upon the Name of my Lord Jesus Christ." Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.

July 18 - Emilianos of Bulgaria

This Martyr was from Thrace, the servant of a certain pagan in the days of Julian the Apostate. As a fervent Christian, Emilian abominated the error of the pagans, and one day entered the temple and broke all the idols with a hammer. Seeing that others were arrested and beaten for this, he gave himself up of his own accord. He was mercilessly whipped, then cast into a fire, in which he gave up his soul without his body suffering harm.

ST. DEMETRIOS CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
16 SUNDAY OF THE HOLY ✠ FATHERS OF THE 4 TH COUNCIL Julia the Virgin-martyr Titus 3:8-15 Matthew 5:14-19 Orthros (8:30 am) Divine Liturgy (10:00 am) Adult Catechesis	17 <i>Fr Timothy @ Metropolis Camp</i> Veronika & Speratos the Martyrs Marina the Great Martyr of Antioch Galatians 3:23-29; 4:1-5 Mark 5:24-34	18 <i>Fr Timothy @ Metropolis Camp</i> Holy Martyrs Paul, Thea & Valentine Emilianos of Bulgaria I Corinthians 6:20; 7:1-12 Matthew 14:1-13	19 <i>Fr Timothy @ Metropolis Camp</i> Macrina the Righteous Basil the Great Saint Theodore, Bishop I Corinthians 7:12-25 Matthew 14:35-36; 15:21-28
23 7 TH SUNDAY OF ✠ MATTHEW Phocas the Holy Martyr, Romans 15:1-7 Matthew 9:27-35 Orthros (8:30 am) Divine Liturgy (10:00 am) Adult Catechesis	24 Christina the Great Martyr of Tyre I Corinthians 9:13-18 Matthew 16:1-6	25 Dormition of St. Anna, mother of the Theotokos Galatians 4:22-27 Luke 8:16-21	26 Paraskeve the Righteous Galatians 3:23-29; 4:1-5 Mark 5:24-34
30 8 TH SUNDAY OF ✠ MATTHEW Julitta of Caesaria Silas & Silvanos, Apostles of the 70 I Corinthians 1:10-17 Matthew 14:14-22 Orthros (8:30 am) Divine Liturgy (10:00 am)	31 Joseph the Righteous of Arimathea Dionysios of Vatopaidi I Corinthians 11:31-34; 12:1-6 Matthew 18:1-11	Aug 1 ✠ Elesa the Righteous-Martyr of Kythira Hebrews 11:33-40; 12:1-2 Matthew 10:16-22 Small Paraklesis (6:00 pm)	2 Theodore of Dardania Plegmund of Canterbury Acts 6:8-15; 7:1-5, 47-50 Mark 12:1-12 Great Paraklesis (6:00 pm)
6 TRANSFIGURATION OF THE LORD ✠  II Peter 1:10-19 Matthew 17:1-9 Orthros (8:30 am) Divine Liturgy (10:00 am)	7 ✠ Nicanorus the Wonderworker Dometios the Martyr of Persia & 2 Disciples I Corinthians 15:12-19 Mark 9:2-9 Small Paraklesis (6:00 pm)	8 ✠ Gregory of Sinai and Mount Athos Emilian the Confessor & Bishop of Cyzikos I Corinthians 15:29-38 Matthew 21:23-27 Great Paraklesis (6:00 pm)	9 ✠ Constantine, Patriarch of Constantinople Matthias, Apostle Acts 1:12-17, 21-26 Matthew 21:28-32 Small Paraklesis (6:00 pm)
13 10 TH SUNDAY OF ✠  MATTHEW Maximus the Confessor Dorotheus, Abba of Gaza I Corinthians 4:9-16 Matthew 17:14-23 Orthros (8:30 am) Divine Liturgy (10:00 am)	14 ◆ Micah the Prophet II Corinthians 2:3-15 Matthew 23:13-22 Festal Vespers for Dormition @ Dormition in Grand Blanc (6:00 pm)	15 HOLY DORMITION OF THE THEOTOKOS ✠ Philippians 2:5-11 Luke 10:38-42, 11:27-28 Orthros (9:00 am) Divine Liturgy (10:00 am)	16 Holy Monk Panteleimon Timothy of Eurip Monastery of Panteleimon I Timothy 3:13-16; 4:1-5 Luke 9:51-57, 10:22-24

• Shaded days denote a fast day. ✠ denotes a Liturgy ◆ Great Vespers/Compline ✧ Akathist/Paraklesis ✠ Presanctification

TS • JULY 16 - AUGUST 18 • 2023

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Metropolis Camp</i> Theodosios, sister of St. Bishop of Edessa 4 5:1-11</p>	<p>20 <i>Fr Timothy @ Metropolis Camp</i> Elias the Prophet Mother Maria Skobtsova, New Martyr of France St. James' Universal Letter 5:10-20 Luke 4:22-30</p>	<p>21 <i>Fr Timothy @ Metropolis Camp</i> John & Symeon the Fool for Christ Parthenios, Bishop of Arta I Corinthians 7:35-40; 8:1-7 Matthew 15:29-31</p>	<p>22 <i>Fr Timothy @ Metropolis Camp</i> Mary Magdalene, Myrrhbearer & Equal-to-the-Apostles Markella, the Virgin-martyr of Chios I Corinthians 9:2-12 Luke 8:1-3</p>
<p> Righteous Martyr -5</p>	<p>27 ❖ Pantaleimon the Great-Martyr & Healer II Timothy 2:1-10 John 15:17-27; 16:1-2 Small Paraklesis (6:00 pm) (St. Demetrios)</p>	<p>28 Prochoros, Nicanor, Timon, & Parmenas the Apostles of the 70 Acts 6:1-7 Matthew 17:10-18 Men's Group (8:00 pm)</p>	<p>29 The Holy Martyr Callinicus Romans 13:1-10 Matthew 12:30-37 Catechesis (3:30 pm)</p>
<p>❖ Annelles terbury 7-60 (6:00 pm)</p>	<p>❖ 3 ❖ Theoctistus the Wonderworker Salome the Holy Myrrhbearer I Corinthians 14:6-19 Matthew 20:17-28 Small Paraklesis (6:00 pm)</p>	<p>❖ 4 ❖ Seven Holy Youths of Ephesus I Corinthians 14:26-40 Matthew 21:12-14; 17-20 Great Paraklesis (6:00 pm)</p>	<p> 5 Eugene of Aitola Eusygnius the Martyr of Antioch I Peter Universal Letter 1:1-25; 2:1-10 Matthew 15:32-39 Catechesis (3:30 pm)</p>
<p>❖ of Constantinople e of the 70 (6:00 pm)</p>	<p>❖ 10 ❖ Chitus of Athens, Bishop of Rome Hippolytus the Martyr of Rome II Corinthians 1:1-7 Matthew 21:43-46 Great Paraklesis (6:00 pm)</p>	<p>❖ 11 ❖ Commemoration of St. Spyridon's Miracle in Corfu against the Turkish invasion of 1716 II Corinthians 1:12-20 Matthew 22:23-33 Small Paraklesis (6:00 pm) Men's Group (8:00 pm)</p>	<p> 12 Soldier-martyrs of Crete Photios & Aniketos the Martyrs of Nicomedeia Romans 15:30-33 Matthew 17:24-27; 18:1-4 Catechesis (3:30 pm)</p>
<p>les us, founder of the pentele :1-5 24, 13:22</p>	<p>❖ 17 ❖ Demetrios the New, Righteous Martyr of Samaria II Corinthians 1:1-7 Matthew 24:13-28 Small Paraklesis (6:00 pm) (St. Demetrios)</p>	<p>18 Leontus the martyr Hermos the Martyr Romans 16:1-16 Matthew 24:27-33, 42-51</p>	<p>19 Holy Martyrs Timothy, Agapius and Thecla Theophanes the New Wonderworker of Macedonia Hebrew 2:2-10 Matthew 19:3-12 Catechesis (3:30 pm)</p>

ed Liturgy



fish/wine/oil allowed



wine/oil allowed



cheese/dairy allowed

Holy New Martyrs Elizabeth the Grand Duchess and the Novice Barbara

Grand Duchess Elizabeth, a grand-daughter of Queen Victoria of England and elder sister of Empress Alexandra of Russia, was one of the most illustrious women of her day, known throughout Europe not only for her high birth and graceful beauty, but also for her modesty and goodness of heart. After marrying Grand Duke Sergius Alexandrovich, she converted to Orthodoxy, although this was not required of her by her position. After the assassination of her husband in 1905, Grand Duchess Elizabeth withdrew from public life, founding the convent of Saints Martha and Mary, of which she became the superior. There she dedicated herself to prayer, fasting, tending the sick, and caring for the poor. After the Bolsheviks seized power, she was exiled to the Urals, where she and those with her were martyred in 1918 when they were cast alive into an abandoned mine. The Novice Barbara followed Saint Elizabeth into exile. When she was separated from the Grand Duchess, Barbara asked to be allowed to join her again; to terrify her, the Bolsheviks told her that she would be allowed to do this, but only if she were prepared for unheard-of torments and a violent death. To their amazement, she consented, and was deemed worthy of martyrdom with the Grand Duchess. Their holy relics were recovered and taken through Russia to China, and came to rest in the Convent of Saint Mary Magdalene in Jerusalem. When their reliquaries were opened in 1981, their bodies were found to be partially incorrupt, and sweet with the odour of sanctity. With them are also commemorated their fellow Martyrs: Grand Duke Sergius Mikhailovich; Princes John, Constantine, and Igor, the brethren; Prince Vladimir Paley; and Theodore Remez.

July 19 - Macrina the Righteous, sister of St. Basil

Saint Macrina, the elder sister of Saints Basil the Great and Gregory of Nyssa, was sought after by many as a bride because of her beauty, wisdom, and illustrious birth, and in tender youth was espoused by her parents to a bridegroom of fitting nobility. When her betrothed died, Macrina refused any other suitors, and devoted herself to a life of virginity, asceticism, and prayer. When her brother Basil returned from a brilliant career in the best schools of Constantinople and Athens, puffed up with not a little youthful pride-for knowledge puffeth up-it was the ardent admonitions and holy example of his blessed sister that persuaded him to turn from seeking worldly glory to the service of God. Saint Macrina founded a convent, where she ended her earthly life in the year 379, and was buried by her brother Gregory, who wrote a moving account of her last days and his grief at seeing such a light pass out of the world.

Dios, Abbot of Antioch

Saint Dios, who was from Antioch in Syria, later came to Constantinople and established a monastery there, and wrought many wonders. He flourished in the time of Saint Theodosius the Great (379-395).

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 and regular confession are 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, John Benoit, Peggy Caldwell, Ann De Corte, Eleanor Driver, Soula Economou, John Eliades, Dorothy Ellis, Jean Farrington, Amy Hulen, Dr. Risty Kalivas, Tony Koutras, Sarah Larson, Clete Nichols, Marge Paron, Dee Philips, Sam & Joan Metropoulos, Bill Tarachas, Jaxon Toner, Jim Zestos, and Esmini Zubulake.

(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.



ST. DEMETRIOS GREEK ORTHODOX CHURCH

Stewardship Card - 2023

GIVING THANKS:
EUCCHARISTIC STEWARDSHIP

"What shall I give to the Lord in return for all His benefits towards me?" (Ps. 116:2) is answered in every liturgy when we pray, "Let us offer ourselves and one another and our whole life to Christ our God."

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: _____

	Individual or Family	Spouse (if applicable)	Children (if applicable)
Name:	_____	_____	<u>Names</u> _____
Home Tel:	_____	_____	_____ Age: _____
Mobile Tel:	_____	_____	_____ Age: _____
Work Tel:	_____	_____	_____ Age: _____
Email:	_____	_____	_____ Age: _____
Occupation: <i>(Last, current)</i>	_____	_____	_____ Age: _____

In gratitude for God's blessings, I/we pledge to contribute for Christ's work at St. Demetrios Church for 2023.

\$ _____ annually

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	<input type="checkbox"/> Repairs	<input type="checkbox"/> Choir	<input type="checkbox"/> Men's Group
<input type="checkbox"/> Audit Committee	<input type="checkbox"/> New Projects	<input type="checkbox"/> Reader	<input type="checkbox"/> Orthodox Christian Fellowship
<input type="checkbox"/> Finance Committee	COMMUNICATIONS	<input type="checkbox"/> Baking Prospophora	<input type="checkbox"/> Philoptochos
<input type="checkbox"/> By-Laws Committee	<input type="checkbox"/> Public Relations	<input type="checkbox"/> Koliva Preparation	<input type="checkbox"/> Greek Festival
<input type="checkbox"/> Office Help	<input type="checkbox"/> Bulletin / Newsletter	MINISTRIES	YOUTH
<input type="checkbox"/> Computer / Technical	<input type="checkbox"/> Website / Email	<input type="checkbox"/> Welcome Team	<input type="checkbox"/> Church School Teacher
<input type="checkbox"/> Archives	EDUCATION	<input type="checkbox"/> Outreach	<input type="checkbox"/> Church School Administration
<input type="checkbox"/> Hall Rentals	<input type="checkbox"/> Adult Education	<input type="checkbox"/> Stewardship	<input type="checkbox"/> GOYA Advisor
<input type="checkbox"/> Beautification Ministry	<input type="checkbox"/> Intro to Orthodoxy	<input type="checkbox"/> Sunday Fellowship / Coffee	OTHER
<input type="checkbox"/> Endowment Fund	<input type="checkbox"/> Guest Speakers	<input type="checkbox"/> Visitations (Hospital / Shut-ins)	_____
<input type="checkbox"/> Election Committee	<input type="checkbox"/> Bookstore / Library	<input type="checkbox"/> Prison Ministry	_____
BUILDING & GROUNDS	LITURGICAL	<input type="checkbox"/> Christmas Food Baskets	_____
<input type="checkbox"/> Landscaping	<input type="checkbox"/> Altar Service	<input type="checkbox"/> Feeding the Hungry	_____

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

2023 STEWARDSHIP REPORT - JULY 9, 2023

Our 2023 goal is **\$225,000.00**. As of **July 9**, we have received pledges for **91%** of that goal.

Thank you to the following faithful stewards who have submitted their pledge cards for 2023.

Please join them in their support of our church and submit your pledge card today!

Total Pledges: \$205,730.00

Offerings Received: \$138,729.88

Largest pledge: \$20,000.00

Stewards pledged: 118

Pledges Unfulfilled: \$69,877.87

Median pledge: \$1,000.00

Cook, Fr. Timothy &
Pres. Catherine

Driver, Eleanor
Driver, Michele

Kokas, Thomas &
Anastasia

Bistolarides, Fr. Peter &
Pres. Peggy

Duke, Sandy & Brady

Koutras, Anthony & Rula

Ahejew Sr., Petro &
Sandra

Economou, Loukia

Koutras, Gus & Mary

Ahejew, Augusta

Economou, Soula

Kurtz, Thomas & Athena

Ahejew, Debra

Economous, Austin

Legakis, Nick & Lena

Ahejew, Petro

Economous, Gabriella &
Eddie

Legner, Mark & Koula

Alexandris, Tom &
Athena

Ellis, Dorothy

Majoros, Themie
Mehl, Stephanie &
Andrew

Anagnost, Christ & Olga

Erfourth, Stavroula &
Michael

Mendyk, Dan & Tena

Andros, George

Evans, Bill & Alexia

Metropoulos, Katherine

Andros, John & Kathi

Ferris, Corey & Andrea

Morris, Adam Sr. & Eleni

Anger, Alexi

Gavalas, Kitty

Nagy, Jesse

Ball, Quest

Gilpigh, Leigh & Baroody,
Rikat

Nemode, Tom & Peggy

Barris, Thomas & Angela

Gowenlock, Kimberly &
Quincy

Nichols, David & Elan

Bazakis, Andrew & Annie

Gustafson, Betty

Ostler, Dennis & Soula

Bazakis, Anna-Marie

Hall, Ashley & Trent

Paron, Jamey

Bazakis, Marisa

Hauffe, Kurt & Lana

Paron, Marge

Bernhart, Johnathan

Holland, Andrew &
Amanda

Paron, Nicholas & Julie

Bernhart, Sophia

Houpis, Evan & Alexia

Patishnock, Tim

Billingsley, Joan

Howard, Bambi & Kyle

Porchia, Eliana

Blebea, John & Judy

Hubbell, Ivan

Porchia, Joni & Jose

Blohm, Jeremy & Taylor

Hubbell, Linda & Doug

Porchia, Leonardo

Bone, Kevin & Bessie

Ioannidis, Matina

Povich, Douglas & Leta

Bristley, Mark &

Kalivas, Risty & Karen

Povich, Julia

Anastasia

Kallos, George &

Psetas, Chris & Michelle

Brown, Tula

Alexandra

Psetas, Christ & Yiota

Bujouves, Perry

Karris, Mersina

Rapanos, Elaine

Caris, Georgia

Katsiouras, Katerina &
Athanasios

Rapanos, Jason & Iryna

Chen, Henry & Betts -

Kelso, Ron & Connie

Rodriguez, Megan &
Matt

Chen, Ranya

Kennedy, Anna

Rouman, Fran

Clifford, Shawn & Vicky

Khoury, Sameer & Areen

Sahouri, Majed &
Rheame

Constantinou,

Kimmerly, Elaine

Siradakis, Eftihios &
Beverly

Constantinos &

Kokas, Mary

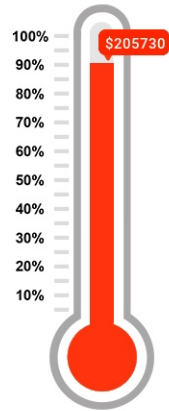
Skoutelas, Andreas &
Paraskevi

Mimi

DeLong, Bill & Vonnie

Derleth, Michael & Nancy

Goal: \$225000



Skoutelas, Athanasios &
Glykeria

Skoutelas, John

Sous, Michael & Dawn

Sous, Rita & Isa

Stamas, Jim & Marsha

Stamas, Nick & Betty

Stavropoulos, Bill &
Linda

Tarachas, Achilles

Tarachas, Bill & Bo

Triantafillou, George &
Jean

Triantafillou, Gust &
Martha

Tselepis, Art & Nancy
Schaab

Tsulaia, Tamara &
Mamaladze, Vasil

Ulmer, Dr. George &
Virginia

Veremis, Kanella

Veremis, Theodore &
Georgia

Veremis, Thomas & Irene

Warner, James & Alina

Wischweh, Susan

Zacharko, Kathleen &
James

Zubulake, eorge & Gladys

Zubulake, Jim & Esmini

**SAINT
PANTELEIMON
GREEK ORTHODOX
CHURCH**

FESTIVAL AND FEAST DAY

**SUNDAY,
JULY 23, 2023**

9:30am
Orthros

10:30am
Divine Liturgy

**Festival Following
Divine Liturgy**

**THURSDAY,
JULY 27, 2023**

Feast of St. Panteleimon

9:30am
Orthros

10:30am
Divine Liturgy
Refreshments available

**FESTIVAL
INFORMATION**

SUNDAY after Divine Liturgy

**FREE PARKING AND
PICNIC AREA**

LAMBS ON THE SOUVLA

**SALAD, RICE, AND
SOUVLAKIA**

**PASTRIES AND
BEVERAGES**

**GREEK MUSIC AND
DANCING**

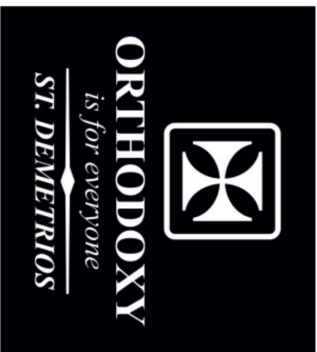
SAINT PANTELEIMON CHAPEL
7143 Cedar Road - Lexington, Michigan

ST. DEMETRIOS APPAREL ORDER FORM

DESIGN 1



DESIGN 2



Name: _____

Phone # _____

Email: _____

Apparel Options	YOUTH				ADULT				QTY	TOTAL				
	XS	S	M	L	XL	S	M	L			XL			
Design 1 - T-Shirt										+\$2	+\$3	+\$4		
Design 1 - Long Sleeve										+\$2	+\$3	+\$4		
Design 1 - Hoodie										+\$4	+\$5	+\$6		
Design 2 - T-Shirt										+\$2	+\$3	+\$4		
Design 2 - Long Sleeve										+\$2	+\$3	+\$4		
Design 2 - Hoodie										+\$4	+\$5	+\$6		

TOTAL

Please fill out this form and send orders to the Church address, attention to the Philoptochos. You can also email orders to the Church email address: stdemetriosmi@gmail.com

ANNOUNCEMENTS

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.

COFFEE HOUR & PROSPHORA: Thank you to everyone who has signed up to sponsor coffee hour and bring prospora! We are moving to a volunteer-based system for both of these - you can sign up at the pangari or online (see links in the live-stream).

Our prospora supplies are very low right now, so even if you can't sign up for a specific date but have some time to bake a loaf or two, the freezer needs to be restocked.

DISCRETIONARY FUND: Thank you to everyone who has contributed to the Discretionary Fund - it is our parish's tool for responding to cases of immediate need in the parish and in the wider community. The Fund is getting quite low - there is currently only about \$500 in the fund, or enough to cover a utility bill for two families. If you would like to participate in this important ministry, you can donate by cash or check to the church (just mark it "Discretionary Fund") or you can give online through the portal on the website. If you have any questions about the Fund, please speak to Fr. Timothy or a parish council member.

FR. TIMOTHY @ SUMMER CAMP: Father will be spending this coming week (July 16-22) at the Metropolis summer camp in Rose City, so he will have extremely limited access to phone and email. If you need to reach him, leave a message on his cell phone or send him an email, and he'll get back to you as quickly as he can.

TODAY'S GREETERS Art Tselepis & Joni Porchia

Prospora

07/16: *OPEN*

07/30: *OPEN*

07/23: Nancy Derleth

07/30: *OPEN*

Coffee Hour

Today: Bistolarides Family

07/30: Sophia Bernhart

07/23: Constantinou Family

08/06: Howard Family