### Weekly Bulletin

February 21st, 2021

Timothy the Righteous  
John III, Pat. of Constantinople

Publican & Pharisee | Mode 4.

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#### Upcoming Events

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Antiphons

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

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

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

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

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

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

Vs. 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.

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

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

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


This is the day the Lord made; let us greatly rejoice and be glad therein.
Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀποῤῥίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

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

Ἀπολυτίκια
Ἀναστάσιμον. Ἦχος δ’.
Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀποῤῥίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ. Ἦχος γ’.
Μέγαν εὐρατὸ ἐν τοῖς κινδύνοις, σὲ ύπερμαχὴν ὄντος οἰκουμένη, Ἀθλοφόρε τὰ ἐθνά τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαῤῥύνας τὸν Νέστορα, οὕτως Ἅγιε, Μεγαλομάρτυρ Δημήτριε, Χριστὸν τὸν Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Κοντάκιον. Ἦχος δ’.
Φαρισαίου φύγωμεν ύψηγορίαν, καὶ Τελώνου μάθωμεν, τὸ ταπεινὸν ἐν στεναγμοῖς, πρὸς τὸν Σωτῆρα

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

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
When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

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 4.
Let us flee the Pharisee's exalted parlance; let us learn the Publican's humble demeanor, and with sighs unto the Savior
κραυγάζοντες· Ἰλαθὶ μόνε ἦμῖν εὐδιάλλακτε.

κραυγάζοντες· Ἰλαθὶ μόνε ἦμῖν εὐδιάλλακτε.

Anagnwisma tou Apostolou

Prokeimenon. Ηχος δ'. Ψαλμος 103.

Ὡς εμεγαλύνθη τά ἐργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ.: Euλόγει, ἢ ψυχή μου, τὸν Κύριον. Κύριε ὁ Θεός μου, εμεγαλύνθης σφόδρα.

Epistle Reading


O Lord, Your works shall be magnified greatly; You made all things in wisdom.

Vs.: Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly.

The reading is from Paul's Second Letter to Timothy. (3:10-15)

Timothy, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Alleluia. Mode 4. Psalm 44.


Vs. 1: Stretch Your bow, and grant prosperity, and reign, because of truth and goodness.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιασθήτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καί ἐπί τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον καί ἄφες ἡμῖν τά ὀφειλήματα ἡμῶν, καὶ καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καί μή εἰσενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλά ῥῦσαι ἡμᾶς ἀπό τοῦ πονηροῦ.

Páter imón o en tis ouranís, agiasthító to ónomá Sou; elthéto I Vasilía Sou; genithító to thélímá Sou, os en ouranó ke epi tis ghs. Ton árton imón ton epióúsion dos imín símeron; ke áfes imín ta ofelímata imón os ke imís asfímen tis ofilétes imón; ke mi isenégis imás is pirasmón, alá ríse imás apó tou poniroú.
Wisdom of the Fathers

"When lately we made mention of the Pharisee and the publican, and hypothetically yoked two chariots out of virtue and vice; we pointed out each truth, how great is the gain of humbleness of mind, and how great the damage of pride." - St. John Chrysostome

If there is a moral quality almost completely disregarded and even denied today, it is indeed humility. The culture in which we live constantly instills in us the sense of pride, of self-glorification, and of self-righteousness ... Even our churches - are they not imbued with that same spirit of the Pharisee? Do we not want our every contribution, every 'good deed,' all the we do 'for the Church' to be acknowledged, praised, publicized? ... How does one become humble? The answer, for a Christian, is simple: by contemplating Christ..." - Fr. Alexander Schmemann
Saints of the Week

February 21

Sunday of the Publican and Pharisee: Triodion Begins Today

The Pharisees were an ancient and outstanding sect among the Jews known for their diligent observance of the outward matters of the Law. Although, according to the word of our Lord, they "did all their works to be seen of men", and were hypocrites because of the apparent holiness of their lives they were thought by all to be righteous, and separate from others, which is what the name Pharisee means. On the other hand, Publicans, collectors of the royal taxes, committed many injustices and extortions for filthy lucre's sake, and all held them to be sinners and unjust. It was therefore according to common opinion that the Lord Jesus in His parable signified a virtuous person by a Pharisee, and a sinner by a Publican, to teach His disciples the harm of pride and the profit of humbly-mindedness.

Since the chief weapon for virtue is humility, and the greatest hindrance to it is pride, the divine Fathers have set these three weeks before the Forty-day Fast as a preparation for the spiritual struggles of virtue. This present week they have called Harbinger, since it declares that the Fast is approaching; and they set humility as the foundation for all our spiritual labors by appointing that the parable of the Publican and the Pharisee be read today, even before the Fast begins, to teach, through the vaunting of the Pharisee, that the foul smoke of self-esteem and the stench of boasting drives away the grace of the Spirit, strips man of all his virtue, and casts him into the pits of Hades; and, through the repentance and contrite prayer of the Publican, that humility confers upon the sinner forgiveness of all his wicked deeds and raises him up to the greatest heights.

February 26

The Holy Great Martyr Photine, the Samaritan Women

Saint Photine was the Samaritan Woman who encountered Christ our Saviour at Jacob's Well (John 4:1-42). Afterwards she laboured in the spread of the Gospel in various places, and finally received the crown of martyrdom in Rome with her two sons and five sisters, during the persecutions under the Emperor Nero.

February 27

Raphael of Brooklyn

He was born in Beirut, modern-day Lebanon, to Damascene Syrian parents of the Antiochian Orthodox faith who had come to Beirut fleeing a massacre of Christians in Damascus.[3] He was first educated at the Damascus Patriarchal School that had become the leading Greek Orthodox institution of higher learning in the Levant under the

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- Shaded days denote a fast day.
- ✗ denotes a Liturgy
- ☭ Great Vespers/Compline
- ❄ Akathist/Paraklesis
- ❈ Presanctified Liturgy
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Fish/wine/oil allowed
leadership of Joseph of Damascus. He furthered his study of Christian theology at the Patriarchal Halki seminary in Constantinople, and at the Theological Academy in Kiev, Russian Empire (now Ukraine).

Father Raphael was sent to New York City in 1895 by Tsar Nicholas II of Russia to administer the local Orthodox Christian community which then included mainly Russian, Greek, and Levantine immigrants.

In 1904 he became the first Orthodox bishop to be consecrated in North America; the consecration was performed in New York City by Archbishop Tikhon (Bellavin) and Bishop Innocent (Pustynsky). He served as Bishop of Brooklyn until his death.

During the course of his ministry as an auxiliary bishop of the Russian Orthodox Church in America, Raphael founded the present-day cathedral of the Antiochian Orthodox Archdiocese of North America, established twenty-nine parishes and assisted in the founding of Tikhon's Orthodox Monastery.

Father Raphael founded the official magazine of the Antiochian Orthodox Archdiocese, 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.
- All at risk persons are strongly encouraged to stay at home.
  - At risk persons are those with pre-existing health conditions, and those over the age of 65.

*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 if one does not have one.
  - The priest may choose not to wear a face covering in the altar but must wear one while distributing Communion/antidoron.
- The faithful should refrain from kissing the icons and other holy objects, showing reverence instead with a bow.
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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<tbody>
<tr>
<td>Name: __________________</td>
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<td>Home Tel: _______________</td>
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<td>Work Tel: _______________</td>
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<tr>
<td>Occupation: _______________</td>
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(Left, current)

**In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at St. Demetrios Church for 2021.**

$________ 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)

<table>
<thead>
<tr>
<th>ADMINISTRATION</th>
<th>BUILDING &amp; GROUNDS</th>
<th>COMMUNICATIONS</th>
<th>MINISTRIES</th>
<th>EDUCATION</th>
<th>Liturgical</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Audit Committee</td>
<td>___ Property Maintenance</td>
<td>___ Computer / Technical</td>
<td>___ Newsletter / Publications</td>
<td>___ Website / Email</td>
<td>___ Baking Prophora</td>
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<tr>
<td>___ Election Committee</td>
<td>___ Garden &amp; Landscape</td>
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<td></td>
<td>___ Adult Education</td>
<td>___ Music Ministries</td>
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<tr>
<td>___ Office help</td>
<td>___ Iconography / Beautification</td>
<td></td>
<td></td>
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<td>___ Sanctuary &amp; Altar Care</td>
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</tbody>
</table>

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<tr>
<th>FAMILY MINISTRY</th>
<th>HOSPITALITY / WELCOME MINISTRY</th>
<th>VISITATION (SICK / SHUT-INS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Family Ministry</td>
<td>___ Hospitality / Welcome Ministry</td>
<td>___ Visitation (Sick / Shut-ins)</td>
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</tbody>
</table>

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<tr>
<th>OUTREACH</th>
<th>YOUTH</th>
<th>OTHER</th>
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<tr>
<td>___ Outreach</td>
<td>___ Church School Teacher</td>
<td>___ GOYA Advisor</td>
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<td></td>
<td>___ Church School Administration</td>
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I/we would like to receive notifications from St. Demetrios by: ___ email   ___ paper mail

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

CONFIDENTIAL: For Authorized Parish Personnel Only
Our 2021 Stewardship goal is $170,000. As of February 7, we have received pledges reflecting 44% 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: $83,910.00
Stewards pledged: 53
Offerings Received: $20,595.00
Pledges Unfulfilled: $68,580.00
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
Dr. Thomas & Angela Barris
Johnathan Bernhart
Sophia Bernhart
Thomas & Joan Billingsley
Dr. John & Dr. Judy Blebea
Jeremy & Taylor Blohm
Brady & Sandy Duke
Mark & Anastasia Bristley
Georgia Caris
Bill & Vonnie DeLong
Soula Economou
Bill & Alexia Evans
Corey & Andrea Ferris
Kathleen Gavalas
Betty Lou Gustafson
Evan & Alexia Houpis
Matina Ioannidis
Risty & Karen Kalivas
Mersina Karris
Katerina & Athanasios Katsiouras
Ron & Connie Kelso
Sameer & Areen Khoury
Elaine Kimmerly
James & Mary Kokas
Thomas & Anastasia Kokas
Mr. & Mrs. Legakis
Dr. Elaine Makas
Grace Makrianis
Barbara Milionis
Adam & Eleni Morris
Tom & Peggy Nemode
Eleftheria Paez
Marge Paron
Dr. Nicholas & Julie Paron
Doug & Leta Povich
Elaine Rapanos
Jason Rapanos
George & Fran Rouman
Eftihios & Beverly Siradakis
Andy & Voula Skoutelas
Elaine Tambouridis
William & Thespo Tarachas
Art Tselepis
Dr. George & Virginia Ulmer
John Veremis
Theodore & Georgia Veremis
Kathleen Zacharko
George & Gladys Zubulake
**Journey to Pascha**  
**Triodion Begins**

Triodion (Three Odes) is the period of the Church Year which encompasses all of the pre-Paschal cycle of fasting and feasts, including Great Lent, Palm Sunday, and Holy Week. Triodion begins three weeks and four Sundays before Great Lent with the Sunday of the Publican and the Pharisee. The first week of Triodion is always fast-free, the second week a "normal" week (we fast on Wednesday & Friday), and the third week we begin our fast from meat - thus "easing" our way into the Great Fast.

**Sunday of the Publican & Pharisee**

On this, the first Sunday of Triodion, we commemorate the parable of the Publican & the Pharisee and are reminded of the necessity of humility for our salvation. This is the first great signpost for Lent, and the Church begins to ease us into the fast with a fast-free week.

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**St. Demetrios Greek Orthodox Church**

**Lenten Service Schedule**

<table>
<thead>
<tr>
<th>Day</th>
<th>Service</th>
<th>Time</th>
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</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>
</table>

*Only celebrated on the first five Fridays of Lent.*
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.

SPECIAL ADULT RELIGIOUS EDUCATION SESSION: On Wednesday, February 24th, Fr. Timothy & Pres. Catherine will be hosting a special session on Fasting - the "dos and don'ts" and some tips on how to prepare a pantry. We invite everyone to join us! Bring any questions you have about fasting or Lent in particular, and bring a favorite Lenten recipe to share! The meeting will be at 8:00 pm over Zoom, we will send out a link to the parish email on Monday the 22nd.

TODAY’S GREETERS
Elan Nichols & Kosta Povich

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.
Fasting Workshop

With Fr. Timothy & Presvytera Catherine

Why & How We Fast

How to Fast: Setting Yourself Up for Success

February 24th on Zoom
8:00 PM

Join us live on Zoom on Wednesday, February 24th, for a special session on Fasting! This workshop will be co-hosted by Fr. Timothy & Presvytera Catherine - Fr. Timothy will be talking about the why and how we fast (the theory), and Presvytera will be talking about the more practical end of fasting (the practice).

This session (as with all sessions of Adult Sunday School) is open to everyone, regardless of whether they are part of the Sunday School or not. We encourage everyone to bring or submit their favorite fasting recipes to Fr. Timothy (frtimothycook@gmail.com) before the meeting, so we can share them around.

All questions are welcome!

Zoom link