November 29th, 2020

Paramonus & 370 Martyrs  
Nicholas, Archbishop of Thessolonica


**UPCOMING EVENTS**

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13th Sunday of Luke

Antiphon 1. 2nd Mode.

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

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

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

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

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

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

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

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

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

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

Antiphon 3. Mode pl. 4.

Vs. 1: This is the day the Lord made; let us greatly rejoice and be glad therein.

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Clergy: Fr. Timothy Cook  |  Fr. Timothy's cell phone: 517-515-9565
Fr. Timothy's email: frtimothycook@gmail.com
Ἐξ υψους κατηλθες ο ευσπλαγχνος, ταφην κατεδεξω τριήμερον, ίνα ημας ελευθερωσης των παθων. Η ζωη και η Αναστασις ημων, Κυριε δοξα σοι.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Εισοδικον. Ηχος β’.

Δευτε προσκυνησωμεν και προσπεσωμεν Χριστω. Σωσον ημας Υιε Θεου, δοξασωμεν ο αναστας εκ νεκρων, ραλλοντας σοι, Αλληλουια.

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.

Απολυτικια

Απολυτικιον. Ηχος πλ. δ’.

Του Ναου. Ηχος γ’.

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 3.

On this day the Virgin Maid goes to the grotto to give birth to the pre-eternal Word in an ineffable manner. Dance for joy, all the inhabited earth, on hearing. Glorify along with Angels and with the shepherds Him who willed that He appear as a newborn Child, the pre-eternal God. A heavenly tabernacle is she.
Prokeimenon. Mode pl. 4. Psalm 75.
Pray and return to the Lord Your God.
Vs.: In Judah God is known; His name is great in Israel.

The reading is from Paul's Letter to the Ephesians. (4:1-7)

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

Alleluia. Mode pl. 4. Psalm 94.


Vs. 1: Come, let us greatly rejoice in the Lord; let us shout aloud to God our savior.


Vs. 2: Let us come before His face with thanksgiving.


Gospel Reading

At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is
με λέγεις ἀγαθόν; οὐδεὶς ἀγαθὸς εἰ μὴ εἰς, ὁ Θεός. τὰς ἔντολας οἶδας· μὴ μοιχεύσῃς, μὴ φονεύσῃς, μὴ κλέψῃς, μὴ ψευδομαρτυρήσῃς, τίμα τὸν πατέρα σου καὶ τὴν μητέρα σου. ὁ δὲ εἶπε· Ταῦτα πάντα ἐφυλαξάμην ἐκ νεότητός μου. ἀκούσας δὲ ταῦτα ὁ Ἰησοῦς εἶπεν αὐτῷ· 'Ετι ἐν σοι λείπει· πάντα ὅσα ἔχεις πώλησον καὶ διάδος πτωχοῖς, καὶ ἐξείς θησαυρόν ἐν οὐρανῷ, καὶ δεύρω ἀκολούθει μοι· ὁ δὲ ἀκούσας ταῦτα περίλυπος ἐγένετο· ἦν γὰρ πλούσιος σφόδρα. Ἰδὼν δὲ αὐτὸν ὁ Ἰησοῦς περίλυπον γενόμενον εἶπε· Πῶς δυσκόλως οἱ τὰ χρήματα ἔχοντες εἰσελεύσονται εἰς τὴν βασιλείαν τοῦ Θεοῦ! εὐκοπώτερόν γὰρ ἐστι κάμηλον διὰ τρυμαλιᾶς ραφίδος εἰσελθεῖν ἢ πλούσιον εἰς τὴν βασιλείαν τοῦ Θεοῦ εἰσελθεῖν. εἶπον δὲ οἱ ἀκούσαντες· Καὶ τίς δύναται σωθῆναι; ὁ δὲ εἶπε· Τὰ ἀδύνατα παρὰ ἀνθρώποις δυνατὰ παρὰ τῷ Θεῷ ἐστίν.

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OUR FATHER

ORIGINAL LANGUAGES & PHONETICS

Greek

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

Greek (English phonetics)

Páter imón o en tis ouránis, agiasthíto to ónomá Sou; elthétou h basíliea sou, genithíto to thélìma sou, os en ouránou ke epi tis gyhs. Ton árton imón ton epióusion dos imín sîmeron; ke áfes imín ta ofelîmata imón os ke imís aﬁemen tis ofîlêtes imón; ke mi isenégis imás is pirasmón, ala ríse imás apó tou poniroú.
Wisdom of the Fathers

"Love of money is the worship of idols, a daughter of unbelief, an excuse for infirmities, a foreboder of old age, a harbinger of drought, a herald of hunger." - St. John Climacus

"Spiritual delight is not enjoyment found in things that exist outside the soul."
- St. Isaac of Syria

"It is only when in the darkness of this world we discern that Christ has already "filled all things with Himself" that these things, whatever they may be, are revealed and given to us full of meaning and beauty. A Christian is one who, wherever he looks, finds Christ and rejoices in Him." - Fr. Alexander Schmemann

Saints of the Week

November 29

Paramonus, Philumenus, and their 370 Companion Martyrs in Bithynia

Saint Paramonus contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinus, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive Christians from Nicomedia, and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered, to the number of 370. Saint Paramonus, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinus heard this, he sent men to take the Saint. Some smote him with spears, others pierced his tongue and body with sharp reeds, until he died.

Saint Philumenus' contest in martyrdom took place during the reign of Aurelian, in the year 270. Coming from Lycaonia, he was conveying a load of wheat into Galatia when he was denounced as a Christian to Felix, Governor of Ancyra. Nails were driven into his
hands, feet, and head, and he was commanded to run. While running in the road, he fell and gave up his holy soul into the hands of God.

November 30
Andrew the First-Called Apostle

The Holy Apostle Andrew the First-Called was the first of the Apostles to follow Christ, and he later brought his own brother, the holy Apostle Peter, to Christ (John 1:35-42). The future apostle was from Bethsaida, and from his youth he turned with all his soul to God. He did not enter into marriage, and he worked with his brother as a fisherman. When the holy Prophet, Forerunner and Baptist John began to preach, Saint Andrew became his closest disciple. Declaring Christ to be the Lamb of God, Saint John the Baptist himself sent to Christ his own two disciples, the future Apostles Andrew and John the Theologian.

After the Descent of the Holy Spirit upon the Apostles, Saint Andrew went to the Eastern lands preaching the Word of God. He went through Asia Minor, Thrace, Macedonia, he went along the coast of the Black Sea, and along the River Dniepr he climbed to the place where the city of Kiev now stands.

He stopped overnight on the hills of Kiev. In the morning, he said to those disciples that were with him: “See these hills? Upon these hills shall shine forth the beneficence of God, and there will be a great city here, and God shall raise up many churches.” The apostle went up around the hills, blessed them and set up a cross. Having prayed, he went up even further and reached a settlement of the Slavs, where Novgorod was built. From here the apostle went through the land of the Varangians towards Rome for preaching, and again he returned to Thrace, where in the small village of Byzantium, the future Constantinople, he founded the Church of Christ. The name of the holy Apostle Andrew links the mother, the Church of Constantinople, with her daughter, the Russian Church.

On his journeys the First-Called Apostle endured many sufferings and torments from pagans. In Sinope they pelted him with stones, but remaining unharmed. Through the prayers of the Apostle, the Lord worked miracles. By the labors of the holy Apostle Andrew, Christian Churches were established, for which he provided bishops and clergy. The final city to which the Apostle came was the city of Patra, where he was destined to suffer martyrdom.

The Lord worked many miracles through His disciple in Patra. The infirm were made
whole, and the blind received their sight. Through the prayers of the Apostle, the illustrious citizen Sosios recovered from serious illness and Maximilla and Stratokles, the wife and brother of the governor of Patra, were healed. The miracles accomplished by the Apostle and his fiery speech enlightened almost all the citizens of the city of Patra with the true Faith.

Few pagans remained at Patra, but among them was the prefect of the city, Aegeatos. The Apostle Andrew repeatedly turned to him with the words of the Gospel. But even the miracles of the Apostle did not convince Aegeatos. The holy Apostle with love and humility appealed to his soul, striving to reveal to him the Christian mystery of life eternal, through the wonderworking power of the Holy Cross of the Lord. The angry Aegeatos gave orders to crucify the apostle. The pagan thought he might undo Saint Andrew’s preaching if he were to put him to death on the cross.

Saint Andrew the First-Called accepted the decision of the prefect with joy and with prayer to the Lord, and went willingly to the place of execution. In order to prolong the suffering of the saint, Aegeatos gave orders not to nail the saint’s hands and feet, but to tie them to the cross. For two days the apostle taught the citizens who gathered about. The people, in listening to him, with all their souls pitied him and tried to take Saint Andrew down from the cross. Fearing a riot of the people, Aegeatos gave orders to stop the execution. But the holy apostle began to pray that the Lord would grant him death on the cross. Just as the soldiers tried to take hold of the Apostle Andrew, they lost control of their hands. The crucified apostle, having given glory to God, said: “Lord Jesus Christ, receive my spirit.” Then a blazing ray of divine light illumined the cross and the martyr crucified upon it. When the light faded, the holy Apostle Andrew had already given up his holy soul to the Lord. Maximilla, the wife of the prefect, had the body of the saint taken down from the cross, and buried him with honor.

A few centuries later, under the emperor Constantine the Great, the relics of the holy Apostle Andrew were solemnly transferred to Constantinople and placed in the church of the Holy Apostles beside the relics of the holy Evangelist Luke and Saint Paul’s disciple Saint Timothy.

December 01

Nahum the Prophet

The Prophet Nahum had Elkesaeus as his homeland, and was from the tribe of Symeon; he is seventh in order among the twelve Minor Prophets He prophesied during the time of Hezekias, after the destruction of Samaria (721 years before Christ), but before the ten tribes were taken into captivity; he prophesied against Nineveh, the capital of Assyria. His name means "comforter." His book of prophecy is divided into three chapters.
December 02

Habakkuk the Prophet

This Prophet, whose name means "loving embrace," is eighth in order of the minor Prophets. His homeland and tribe are not recorded in the Divine Scriptures; according to some, he was of the tribe of Symeon. He prophesied in the years of Joachim, who is also called Jechonias, before the Babylonian captivity of the Jewish People, which took place 599 years before Christ. When Nabuchodonosor came to take the Israelites captive, Habakkuk fled to Ostrakine, and after Jerusalem was destroyed and the Chaldeans departed, Habakkuk returned and cultivated his field. Once he made some pottage and was about to take it to the reapers in the field. An Angel of the Lord appeared to him, and carried him with the pottage to Babylon to feed Daniel in the lions' den, then brought him back to Judea (Bel and the Dragon, 33-39): His book of prophecy is divided into three chapters; the third chapter is also used as the Fourth Ode of the Psalter. His holy relics were found in Palestine during the reign of Emperor Theodosius the Great, through a revelation to Zebennus, Bishop of Eleutheropolis (Sozomen, Eccl. Hist., Book VII, 29).

December 04

Barbara the Great Martyr

Saint Barbara was from Heliopolis of Phoenicia and lived during the reign of Maximian.

She was the daughter of a certain idolater named Dioscorus. When Barbara came of age, she was enlightened in her pure heart and secretly believed in the Holy Trinity. About this time Dioscorus began building a bath-house; before it was finished he was required to go away to attend to certain matters, and in his absence Barbara directed the workmen to build a third window in addition to the two her Father had commanded. She also inscribed the sign of the Cross with her finger upon the marble of the bath-house, leaving the saving sign cut as deeply into the marble as if it had been done with an iron tool. (When the Synaxarion of Saint Barbara was written, the marble of the bath-house and the cross inscribed by Saint Barbara were still preserved, and many healings were worked there.) When Dioscorus returned, he asked why the third window had been added; Barbara began to declare to him the mystery of the Trinity. Because she refused to renounce her faith, Dioscorus tortured Barbara inhumanely, and after subjecting her to many sufferings he beheaded her with his own hands, in the year 290.
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- Shaded days denote a fast day. ✝ denotes a Liturgy ❁ Great Vespers/Compline ❦ Akathist/Paraklesis ☪ Presanctification
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| 3         | Zephaniah the Prophet  
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Small Paraklesis - 6:00 pm  
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Matthew 11:27-30  
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| 10        | Menas, Hermogenes, Euphrasios  
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| 17        | Daniel & Three Holy Youths  
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(9:00 am)  
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**HOLY NATIVITY**  
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| 31        | Apodosis of the Nativity  
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Mark 11:27-33 | **January 1**  
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Cosmas, Arch. of Constantinople  
I Timothy 3:13-16; 4:1-5  
Matthew 3:1-6 |

*Fish/Egg/Wine/Olive Oil allowed*
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
2020 Stewardship Commitment Form

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

A TIME FOR EVERY PURPOSE UNDER HEAVEN

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

Name: ____________________________________________

Street Address: __________________________ City: __________ State: ______ Zip Code: ________

Individual or Family Spouse (if applicable) Children (if applicable)

Name: ________________________________ Name: ____________________________ Name: ____________________________

Home Tel: ___________________________ Home Tel: ____________________________ Home Tel: ____________________________

Mobile Tel: __________________________ Mobile Tel: ____________________________ Mobile Tel: ____________________________

Work Tel: __________________________ Work Tel: ____________________________ Work Tel: ____________________________

Email: ______________________________ Email: ____________________________ Email: ____________________________

Occupation: __________________________ Occupation: __________________________ Occupation: ____________________________

(Last, current)

In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at St. Demetrios Church for 2020.

$ ______ weekly  $ ______ monthly  $ ______ quarterly  $ ______ semi-annually  $ ______ annually

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

Please indicate areas of expertise or interest where you would like to serve:

(Individuals should provide a check mark and families provide “H” for husband, “W” for wife and “C” for children)

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<td>BUILDING &amp; GROUNDS</td>
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I/we would like to receive notifications from St. Demetrios by: ___ email ___ paper mail

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

CONFIDENTIAL: For Authorized Parish Personnel Only
Our 2020 Stewardship goal is $170,000. As of November 27, we have received pledges reflecting 86% of that goal. Thank you to the following faithful stewards who have submitted their pledge cards for 2020. Please join them in their support of our St. Demetrios Greek Orthodox Church and submit your pledge card today!

(Please submit any corrections to the Church office).

Total Pledges: $145,780.00
Stewards pledged: 122
Offerings Received: $135,829.37
Pledges Unfulfilled: $19,865.25
Largest pledge: $15,000.00
Median pledge: $720.00

Rev. Fr. Timothy & Pr. Catherine Cook
Rev. Fr. Peter & Pr. Peggy Bistolarides
Augusta Ahejew
Debra Ahejew
Petro & Sandra Ahejew
Petro Ahejew Jr.
Chris & Olga Anagost
George Andros
John & Kathi Andros
Dr. Thomas & Angela Barris
Mr. & Mrs. Bastounis
Dr. Andrew & Annie Bazakis
Warren Bensinger
Johnathan Bernhart
Sophia Bernhart
Tom & Joan Billingsley
Deno Bistolarides
Dr. John & Dr. Judy Blebea
Jeremy & Taylor Blohm
Dr. Kevin & Bessie Bone
Dimitra Brown
Perry Bujouves
Mr. & Mrs. Caldwell
Georgia Caris
Shawn & Vaia Clifford
Dr. Constantinos & Mimi Constantinou
Bill & Vonnie DeLong
Ashley Dietzel
Mr. & Mrs. Duke
Soula Economou
Austin Economou
Edward & Gabriella Economous
Dorothy Ellis
Michael & Dr. Stavroula Erfourth
Bill & Alexia Evans
Corey & Andrea Ferris
Kathleen Gavalas
Quincy & Kimberly Gowenlock
Betty Lou Gustafson
Mariam Haddad
Kurt & Svetlana Hauffee
Evan & Alexia Houpis
Bambi Howard
Doug & Linda Hubbell
Kathy Huber
John & Melissa Ioannidis
Matina Ioannidisi
Dr. Risty & Karen Kalivas
George & Alexandra Kallos
Mersina Karris
Katerina & Athanasios Katsiouras
Ron & Connie Kelso
The Kennedy Family
Elaine Kimmerly
James & Mary Kokas
Mr. & Mrs. Thomas Kokas
Anthony & Rula Koutras
Thomas & Athena Kurtz
Mr. & Mrs. Legakis
Mark & Koula Legner
Dr. Teona Maghakelidze
Mr. & Mrs. Majoros
Dr. Elaine Makas
Grace Makrianis
Dymitr Malik
Andrew & Stephanie Mehl
Katherine Metropoulos
Dominic & Amanda Moes
Adam & Eleni Morris
Tom & Peggy Nemode
Dr. David & Elan Nichols
David Ortega
Stewardship Report - continued...

Dennis & Soula Ostler
Eleftheria Paez
Jose & Joni Porchia
Eliana Porchia
Leonardo Porchia
Jamey Paron
Dr. Kelly Paron
Marge Paron
Dr. Nicholas & Julie Paron
Douglas & Leta Povich
Julia Povich
Kosta & Charolotte Povich
Chris & Yiota Psetas
Christine Rapanos & John Mighion
Elaine Rapanos
Jason Rapanos
Matt & Megan Rodriguez
George & Frances Rouman
Dr. Majed & Rheame Sahouri
Chris & Fani Samaras
Patricia Sharrad
Eftihios & Beverly Siradakis
Andreas & Paraskevi Skoutelas
Athanasios & Glykeria Skoutelas
John Skoutelas
Lambros Skoutelas
James & Marsha Stamas
Mr. & Mrs. Staudacher
Mr. & Mrs. Stavropoulos
Alexandra Sous
Michael & Dawn Sous
Rita Sous
Elaine Tambouridis
Achilles & Tena Tarachas
Electra Tarachas
William & Thespo Tarachas
Dr. George Triantafillou & Jean Farringtan
Gustav & Marty Triantafillou
Art Tselepis
Tamara Tsulaia & Vasil Mamaladze
Dr. George & Virginia Ulmer
John Veremis
Kanella Veremis
Theodore & Georgia Veremis
Athanasios & Eipnvn Veremis
James & Kathleen Zacharko
Ludmil & Adriana Zambov
James Zestos
Mr. & Mrs. Zewdea
Dr. George & Dr. Gladys Zubulake
James & Esmini Zubulake

Donate to Friends of the Metropolis

www.detroit.goarch.org/friends
Electronic giving is a convenient, easy solution when you don’t have cash or a checkbook. In just seconds, you can make a weekly offering, respond to an appeal or set up recurring payments.

- Give in the moment with a fast, one-time donation.
- Give anywhere, anytime from your computer, smartphone or tablet.
- Donate directly to your favorite funds.

To learn more about giving online or through our GivePlus mobile app, contact our church office or visit Vanco.
St. Demetrios Christmas Card!

We're getting ready to place our order for the parish Christmas card. To be included in this year's card, please fill out this form and drop it off at the pangari desk after the service or send it to the Church Office along with a check for $10 made out to St. Demetrios.

Mail to: St. Demetrios Greek Orthodox Church
4970 Mackinaw Road
Saginaw, MI 48603

Your name:__________________________________________________________

How you would like to be listed in the card:

__________________________________________________________

Christmas card forms will also be available at the Pangari. Simply fill one out when you come to the church.
Your $10 donation helps defray the cost of the card.
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.

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*becoming ONE*

*nurturing your marriage*

The Why of Marriage

“When [couples] lose their way, it’s because they lost their why.”

(Gail Hyatt)

Take some time with your spouse to discuss the “way” of your marriage right now. Is your marriage generally life-giving, meaningful, and purposeful? Are you each and together growing in Christ? Or, are you having difficulty finding your “way” as a married couple? Whatever your response to these questions, take some time to discuss with one another your understanding of the purpose of marriage and what each of you can do to remain on the “way” or find your path back to the “why.”
WELCOME TO ALL VISITORS: For those visiting today, we are excited to welcome you to St. Demetrios Church. Everyone is welcome at our services, though only those who are baptized and chrismated Orthodox Christians may receive the Holy Mysteries. We hope you will stay not only for the service, but afterwards for coffee hour, so we can greet you and get to know you. If anyone has any questions about the Orthodox Faith or joining St. Demetrios, please feel free to speak with Fr. Timothy after the service.

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

NEW ONLINE GIVING PLATFORM: We have begun using a new online giving platform - Vanco Payment Solutions. You can access the church's personalized website using this link: https://secure.myvanco.com/YGSQ/home.

Vanco supports online, mobile, and text-to-give using either a credit/debit card or a bank transfer. For more information, check out the link or contact the church office.

CHRISTMAS CARD: Sign-up today for our Christmas Card! The deadline for signing up is November 30th. You can sign-up online through our website (link on our home page), or you can fill out the form in the bulletin/newsletter, or pick up one of the forms outside the Church Office. Your donations help to defray the cost of the card and support our ministries here at St. Demetrios.

TODAY'S GREETERS
Constantine Constantinou & Kosta Povich

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

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

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

**How can you help?**

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

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

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

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

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

Name: ____________________________

Cash □

Amount: ____________________________

Check □

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

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