ST. DEMETRIOS GREEK ORTHODOX CHURCH - SAGINAW, MI

WEEKLY BULLETIN

April 5th, 2020

Sunday of St. Mary of Egypt
Theodora the Righteous of Thessaloniki

5th Sunday of Lent   |   1st Mode

| Sunday       | April 5       | Sunday of St. Mary of Egypt          |
|              |               | Orthros & Divine Liturgy             |
| Monday       | April 6       | Great Compline                       |
|              |               | Parish Council Zoom Meeting          |
| Wednesday    | April 8       | Small Paraklesis                     |
| Sunday       | April 12      | Palm Sunday                           |
|              |               | Orthros & Divine Liturgy             |
|              |               | Bridegroom Matins                    |
| Monday       | April 13      | Holy Monday                           |
|              |               | Bridegroom Matins                    |
| Tuesday      | April 14      | Holy Tuesday                          |
|              |               | Bridegroom Matins                    |
Sunday of St. Mary of Egypt

Ἀντίφωνα. Ἡχος β’.
Ἀντίφωνον Α’. (Ταῖς πρεσβείαις...)
Στίχ. α’. Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ ἄγιον αὐτοῦ. β’. Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.
γ’. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ πάντων δεσπόζει.
Δόξα... Καὶ νῦν...Ταῖς πρεσβείαις...

Ἀντίφωνον Γ’. Ἡχος α’.
Στίχ. Αὐτὴ ἡ ἡμέρα, ἢν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

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.

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.

Verse: This is the day the Lord made; let us greatly rejoice and be glad therein.
The stone had been secured with a seal by the Judeans, and a guard of soldiers was watching Your immaculate body. You rose on the third day, O Lord and Savior, granting life unto the world. For this reason were the powers of heaven crying out to You, O Life-giver: Glory to Your resurrection, O Christ; glory to Your kingdom; glory to Your dispensation, only One who loves mankind.

For the Devout Woman. Pl. 4th Mode.
In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.
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.

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.

Let Your mercy, O Lord, be upon us, as we hope in You.

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood
τοὺς κεκοινωμένους ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσῳ μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ Πνεύματος αἰωνίου ἐαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ, καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι;
Wisdom of the Fathers

"But let no man be troubled at the apostles being in such an imperfect state. For not yet was the cross accomplished, not yet the grace of the Spirit given. But if thou wouldest learn their virtue, notice them after these things, and thou wilt see them superior to every passion...For with this object He reveals their deficiencies, that after these things thou mightest know what manner of men they became by grace. ... No one shall sit on His right hand nor on His left." - St. John Chrysostom

"Before He humbled Himself, only the angels knew him. After He humbled Himself, all human nature knew Him. You see how His humbling of Himself did not make Him have less but produced countless benefits, countless deeds of virtue, and made His glory shine forth with greater brightness? God wants for nothing and has need of nothing. Yet, when He humbled Himself, He produced such great good, increased His household, and extended His kingdom. Why, then, are you afraid that you will become less if you humble yourself?" - St. John Chrysostom
Saints of the Week

April 05

Sunday of St. Mary of Egypt

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

April 06

Eutychius, Patriarch of Constantinople

Born in Theia Kome of Phrygia, Eutychius was the son of illustrious parents, from whom he received a pious upbringing. He studied in Constantinople, and became a monk in a certain monastery of Amasia. In 552 he was chosen Patriarch of New Rome, but was exiled in 565 as a result of the machinations of the Origenists. In 577 he was restored to his throne and reposed on April 6, 582.

April 07

Tikhon, Patriarch of Moscow and Enlightener of North America

Born in 1865 in the region of Pskov, our Father among the Saints Tikhon was tonsured a monk in 1891 and ordained to the priesthood in the same year. In 1897 he was consecrated Bishop of Lublin, and a year later appointed Bishop of Alaska and the Aleutian Islands, with his see extending to all of North America from 1900 onwards. He did much to unite the Orthodox Christians of a great many ethnic backgrounds in North America, so that there was indeed one flock under one shepherd. In 1907 he was made Archbishop of Yaroslavl and Rostov, and in 1913, Archbishop of Lithuania.

In 1917, when he was Metropolitan of Moscow, he was elected to be the first Patriarch of Russia in over 200 years, in times that could not have been more difficult. After the Revolution of 1917, the persecution of the Russian Church by the atheist government grew more bold and more fierce with every year. By nature a meek and peace-loving man, Tikhon sought to determine, while giving only to God that which is God's, what could be given to Caesar to preserve peace and avoid the shedding of blood. At his departure on the feast of the Annunciation in 1925, Saint Tikhon made the sign of the Cross thrice, pronouncing the words, "Glory to Thee, O God!" Because of the many unspeakable sufferings he endures as Patriarch, he is honoured as a Confessor.
**April 08**

The Holy Apostles of the 70 Herodion, Agabus, Rufus, Asyncritus, Phlegon, and Hermes

The Apostle Herodion, whom Saint Paul mentions in his Epistle to the Romans (16:11) and calls his "kinsman," was ordained presbyter and then Bishop of New Patras, where he was slain by Jews and pagans. Saint Agabus is mentioned in Acts 21:10-11, where he prophesied Saint Paul's arrest in Jerusalem at the hands of the Jewish leaders. In Acts 11:27-28 it is mentioned also that this Saint foretold the great famine that would come to pass in the time of Claudius Caesar. Having preached the Gospel throughout various regions, he departed to the Lord. The Apostle Rufus became Bishop of Thebes in Greece. The Apostles Asyncritus and Phlegon preached Christ in many places, suffered many afflictions at the hands of the pagans and Jews, and departed unto the Lord. The Apostle Hermes is mentioned with them in the Epistle to the Romans (16:13-14).

**April 11 - Lazarus Saturday**

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42; John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus - whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death. On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ." In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time undoubtedly the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."
Guidelines for Receiving Holy Communion

For Orthodox Christians

Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ’s command to eat His Body and drink His Blood. In order to be properly disposed to receive Holy Communion, communicants should not be conscious of grave sin, have fasted appropriately and strive always to love God and their neighbor. Persons conscious of grave sin should seek immediately to be reconciled through the Mystery of Confession so they can begin again to receive Communion immediately. Frequent communion is recommended to all faithful Orthodox Christians.

For other Christians

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions of Christianity that we cannot extend to them a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist and for which we must all pray. All, however, are welcome to partake of the blessed bread (Antidoron) which will be distributed at the end of the service.

Shut-ins and Hospital Visitation

If anyone is in the hospital or otherwise in need of prayer or visitation, we are happy to publish their information (name and/or visitation information) in the bulletin. Please note, however, that we are unable to publish such information without a direct request.

If you are interested in helping with the visitation of the sick, please speak to Presvytera Peggy or contact the Church office.

In your prayers:

Please continue to pray for the health and recovery of: Augusta Ahejew, Petro Ahejew, Russ Ahejew, Ann De Corte, Lou & Soula Economou, Edward & Gabriella Economous, Rob Nordin, James Kokas, Krista Koopman, Paul Kushner, Brenda LaBarge, Grace Makrianis, Bill Tarachas, Sharon Legner, 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"**

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<th>SUNDAY</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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| 5 **SUNDAY OF ST. MARY OF EGYPT**  
Martyrs Claudius, Diodor, Victor,  
& Victorinus  
Hebrews 9:11-14  
Mark 10:32-45  
Orthros (8:50 am)  
Divine Liturgy (10:00 am) | 6  
Eutychios, Pat. of Constantinople  
Methodius Enlightener of Slavs  
Isaiah 48:17-49:4  
Genesis 27:1-41  
Proverbs 19:16-25  
Great Compline (6:00 pm) | 7  
Kallipios & Aklina, Martyrs  
Savvas the New in Calymna  
Isaiah 49:6-10  
Genesis 31:3-16  
Proverbs 21:3-21 | 8  
Rufus the Obedient  
Isaiah 58:1-11  
Genesis 43:26-31  
Proverbs 23:15-24:5  
Small Paraklesis (6:00 pm) |
| 12 **Palm Sunday**  
Philippians 4:4-9  
John 12:1-18  
Orthros (8:50 am)  
Divine Liturgy (10:00 am)  
Blessing of the Palms  
Bridegroom Matins (6:00 pm) | 13 **Holy Monday**  
Martin, Pope of Rome  
Matthew 21:18-43  
Matthew 24:3-35  
Bridegroom Matins (6:00 pm) | 14 **Holy Tuesday**  
Aristarchos, Pudens, Trophimos  
Thomas of Alexandria  
Bridegroom Matins (6:00 pm) | 15 **Holy Wednesday**  
Crescens the Martyr  
Leonidas, Bishop  
John 12:17-50  
Matthew 26:6-16  
Bridegroom Matins (6:00 pm) |
| 19 **Pascha!**  
Acts 1:1-8  
John 1:1-17  
Orthros (12:00 am)  
Divine Liturgy (1:00 am)  
Agape Vespers (11:00 am) | 20 **Bright Monday Fast Free**  
Theodore the Trichinas  
Zacchaeus the Apostle of Caesarea  
Acts 1:12-17, 21-26  
John 1:18-28 | 21 **Bright Tuesday Fast Free**  
Commemoration of Saints Raphael,  
Nicholas, Irene, and the Other  
Newly-revealed Martyrs of Lesbos  
Acts 2:14-21  
Luke 24:12-35 | 22 **Bright Wednesday Fast Free**  
Theodore of Syke  
Nathaniel, Luke, & the Apostles  
Acts 2:22-38  
John 1:35-52 |
| 26 **Thomas Sunday**  
Basil the Hieromartyr of Amasea  
Glaphyra the Righteous  
Acts 5:12-20  
John 20:19-31  
Orthros (9:00 am)  
Divine Liturgy (10:00 am) | 27  
Holy Hieromartyr Symeon,  
Kinsman of the Lord  
Eulogios the Innkeeper of  
Constantinople  
Acts 3:19-26  
John 2:1-11 | 28  
The Holy Nine Martyrs of Cyzicus  
John the Martyr of Romania  
Acts 4:1-10  
John 3:16-21 | 29  
Jason and Sospite the Righteous  
70 & their Companions  
Holy Martyr Cerco  
Acts 4:13-22  
John 5:17-24 |
| 3 **Sunday of the Myrrh-Bearers**  
Holy Martyrs Timothy and Maura  
Peter the Wonderworker  
Acts 6:1-7  
Mark 15:43-47; 16:1-8  
Orthros (9:00 am)  
Divine Liturgy (10:00 am) | 4  
Pelageia the Nun-martyr of Tarsus  
Hilary the Wonderworker  
Acts 6:8-15; 7:1-5, 47-60  
John 4:46-54 | 5  
Irene the Great Martyr  
Neophytos, Gaius, & Caianus the  
Monk-martyrs  
Acts 8:5-17  
John 6:27-33 | 6  
Job the Prophet  
Our Holy Father St.  
Struggling of Mt. Athos  
Acts 8:18-25  
John 6:35-39 |

* Shaded days denote a fast day.  
* denotes a Liturgy  
* Great Vespers/Compline  
* Akathistos
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>16</td>
<td>Holy Thursday Matthew 26:1-20; John 13:3-17 Vesperal Liturgy of the Mystical Supper (9:00 am) Passion Service of the 12 Gospels (6:00 pm)</td>
<td>17 Holy Friday I Corinthians 5:6-8 Matthew 27:62-66 Royal Hours of Holy (8:00 am) Unnailing Vespers (2:00 pm) Service of the Epitaphio and Burial Lamentations (6:00 pm)</td>
<td>18 Holy Saturday John the Righteous, Disciple of Gregory of Decapolis Romans 6:3-11 Matthew 28:1-20 Vesperal Liturgy of the Protoanastasi (9:00 am) Paschal Vigil (11:00 pm)</td>
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Fish/Wine/Oil allowed ** wine/oil allowed
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: ________________________________ ________________________________ ________________________________

Home Tel: ________________________________ ________________________________ ________________________________

Mobile Tel: ________________________________ ________________________________ ________________________________

Work Tel: ________________________________ ________________________________ ________________________________

Email: ____________________________________________

Occupation: ____________________________________________

(Null, 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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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 February 23, we have received offerings reflecting 50% 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).

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

Total pledges: $85,135.00
Stewards pledged: 67

Erfourth
Corey & Andrea Ferris
Kathleen Gavalas
Betty Lou Gustafson
Evan & Alexia Houpis
Kathy Huber
Matina Ioannidis
Dr. Risty & Karen Kalivas
George & Alexandra Kallos
Mersina Karris
Katerina & Athanasios Katsiouras
Elaine Kimmerly
James & Mary Kokas
Thomas & Athena Kurtz
Mark & Koula Legner
Dr. Elaine Makas
Andrew & Stephanie Mehl
Katherine Metropoulos
Adam & Eleni Morris
Tom & Peggy Nemode
Dr. David & Elan Nichols
David Ortega
Dennis & Soula Ostler
Eleftheria Paez
Jamey Paron
Dr. Kelly Paron
Marge Paron

Offerings received: $33,139.00
Pledges unfulfilled: $51,996.00

Largest pledge: $7,020.00
Median pledge: $1,000.00

Dr. Nicholas & Julie Paron
Douglas & Leta Povich
Julia Povich
Chris & Yiota Psetas
George & Frances Rouman
Patricia Sharrad
Andreas & Paraskevi Skoutelas
Athanasios & Glykeria Skoutelas
William & Linda Stavropoulos
Achilles & Tena Tarachas
Electra Tarachas
William & TheSpo Tarachas
Dr. George Triantafillou & Jean Farringtan
Art Tselepis
Dr. George & Virginia Ulmer
John Veremis
Kanella Veremis
Theodore & Georgia Veremis
Athanasios & Eipnvn Veremis
James & Kathleen Zacharko
Ludmil & Adriana Zambov
Dr. George & Dr. Gladys Zubulake
James & Esmini Zubulake
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

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GENERAL SUPPORT

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

CLERGY/PARISH SUPPORT

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

OUTREACH/MISSIONS

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

YOUTH MINISTRIES

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

EDUCATION

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

LEADERSHIP

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

HELENISM

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

SPECIAL PROGRAMS

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

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Name

Address

City State Zip

Email Mobile No.

Parish Name City/State

Credit Card Check Money Order

Credit Card No.

Exp. Date CVC No.

Total in $ Signature

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
Staff applications are available for the upcoming 2020 camp season. You can apply now through our online Staff Application system.

Camper Registration opened February 15th! Register online at gomdsc.org.

For more information regarding staff opportunities, any questions, and other MDSC News, visit www.gomdsc.org.

Make your Paschal Offerings online!

Make your Stewardship Offerings online!
April 5th

Sunday of St. Mary of Egypt
On the last Sunday of Great Lent, the Fathers have placed this commemoration of St. Mary of Egypt to remind both of the power of repentance and our own potential for sanctity.

April 6th

Great Compline
On the last Monday of Great Lent, we will celebrate the service of Great Compline for the last time during this holy season. Please tune in and pray with us!

April 8th

Small Paraklesis
Ordinarily during Great Lent we would celebrate the Presanctified Liturgy on Wednesday evenings, but in these extraordinary times we have chosen to offer instead the Small Paraklesis, asking the Theotokos to help us in our need.
Most Holy Theotokos save us!

ST. DEMETRIOS
GREEK ORTHODOX CHURCH

LENTEN SERVICE SCHEDULE

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<tr>
<td>Wednesday</td>
<td>Small Paraklesis</td>
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Great Lent ends this Friday - April 10th. The next day, Lazarus Saturday, we begin our final steps towards Pascha as we commemorate the Raising of Lazarus, and then the Triumphal Entry into Jerusalem on Palm Sunday.

On the evening of Palm Sunday, we begin Great and Holy Week with the first Bridegroom Matins. Good strength for this holiest of weeks!
Recommendations for how to participate in live-streamed services

1. If possible, set aside a particular space – if you have an icon corner, this is ideal. (If you don’t have an icon corner, now is a great time to set one up!)
   a. If you have children, limit them (and you!) to this particular space – a room or a part of a room for the service.
   b. It may help to move to a different part of the house than you normally frequent – the basement, home office, or some such – it may help to create the sense of “going to church.”
2. If possible, familiarize yourself with the service before-hand. You can find the texts for most services on goarch.org/chapel, or at https://www.agesinitiatives.com/dcs/public/dcs/servicesindex.html. (AGES also has hyperlinks to music for many of the hymns).
3. Participate as a family. Remember, we are a community of faith, not merely individuals.
4. As much as possible, keep your Sunday morning “pre-church” routine intact. This will make both the streaming service easier, and make it easier to go back to church when everything returns to normal.
   a. Dress as you normally would to go to church. Definitely try not to stream in PJs or sweatpants – how we dress has an effect on our participation.
   b. Fast as you normally would, even though you’re not receiving communion.
5. If possible, light a candle and light some incense. It’s much easier to do church at home if home looks and smells like Church.
6. In general, do what you would normally do during the service.
   a. Stand, sit, kneel, and do prostrations at the usual times.
      i. This feels less weird if you stream the service at your icon corner, or set up icons around whatever you’re using to stream the service.
   b. Drink a little holy water at the communion point of the service.
   c. Don’t try to do chores during the service.
   d. Don’t eat or drink during the service.
7. If you have children, remember that you will get much farther teaching them to participate by example than by mandating certain behaviors. It’s hard for children to sit still and pay attention for the entire service when they are present in the Church, it’s much harder when they’re trying to do the same thing at home.
   a. You can help them by letting them do quiet (non-electronic) activities that are church related (reading religious books, coloring or quiet crafts) and then “checking in” at particular moments, such as the Gospel reading, the Creed, the Our Father, and communion. Pick a few hymns for them to learn and have them start to sing along at those moments.
      i. http://dce.oca.org/resources/line-drawings/ has some coloring pages you can print off.
   b. They will also have an easier time if you have them dress in the same clothes they would wear to church.
   c. You may even have an easier time teaching them about the Liturgy in this setting than at church, pointing out what the priest is doing and teaching them what is happening in each service.
   d. Let them participate, as much as possible, in their usual liturgies – lighting a candle, swinging a censer (you can improvise one out of a prayer rope, old door knobs, or keys on a lanyard).

Every family will be different, and you will have to find your particular rhythm. These are suggestions, not rules. Some families, for example, may find that their children need to be able to move in and out of the dedicated space, while others need to be limited. That’s ok! This is a new thing for most of us, and it will take some time to adjust to it, especially for children. Again, your example will go much farther in teaching them to participate in the services (at home or in the Church) than anything else.

If you have any questions, please contact Fr. Timothy for help with resources. Good strength to you all!
• Follow this link to access our live-stream page on our website!

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

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

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

• Follow this link for suggestions on navigating Holy Week & Pascha from home"
**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.

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

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

**LIVE-STREAMING SERVICES:** We are currently streaming all of our services live on our Facebook page: facebook.com/stdemetriosmi, and to our YouTube channel. You can access the live stream from our website, at: http://stdemetrios.mi.goarch.org/church-at-home1/live-stream-our-services

**HOLY WEEK:** We anticipate current conditions continuing throughout the month of April, so it is with great sadness that we prepare for a Holy Week that will, for most of us, be worshipping at a distance via live-stream. However, that does not mean that Holy Week is any less Holy Week, or that Pascha will not come. We are preparing and will send out resources and suggestions for participating in this great week from the church of your home. Stay tuned!

Thanks to Evan Houpis and Daniel Niederer for assisting with services during this time.

Please be aware of your stewardship. God bless us all during this difficult time.
ST. DEMETRIOS GREEK ORTHODOX CHURCH
HOLY WEEK - 2020
STREAMING SCHEDULE

**LAZARUS SATURDAY - APRIL 11TH**
Orthros - 9:00 am
Divine Liturgy - 10:00 am

**HOLY MONDAY - APRIL 13TH**
Bridegroom Matins - 6:00 pm

**HOLY WEDNESDAY - APRIL 15TH**
Bridegroom Matins - 6:00 pm

**HOLY FRIDAY - APRIL 17TH**
Royal Hours of Holy Friday - 8:30 am
Unnailing Service - 2:00 pm
Lamentations Service - 6:00 pm

**Palm Sunday - April 12TH**
Orthros - 8:50 am
Divine Liturgy - 10:00 am
Bridegroom Matins - 6:00 pm

**Holy Tuesday - April 14TH**
Bridegroom Matins - 6:00 pm

**Holy Thursday - April 16TH**
Vesperal Liturgy of St. Basil - 9:00 am
Passion Service: Twelve Gospels - 6:00 pm

**Holy Saturday - April 18TH**
Vesperal Liturgy of St. Basil - 9:00 am
Pre-Paschal Vigil - 11:00 pm

**Pascha! - April 19TH**
Orthros of Pascha - 12:00 am
Divine Liturgy of Pascha - 1:00 am
Agape Vespers - 11:00 am