**Weekly Bulletin**

**July 30th, 2023**

Silas, Silvanos, & Crescens, the Apostles of the 70
St. Julitta of Caesaria

**8th Sunday of Matthew**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>July 30</td>
<td>8th Sunday of Matthew</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Memorials:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 Months - Margarita Zahareos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9-Months - Mats Carenback</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20-Years - Athanasios &amp; Efstathios</td>
</tr>
<tr>
<td>Tuesday</td>
<td>August 1</td>
<td>Small Paraklesis</td>
</tr>
<tr>
<td>Wednesday</td>
<td>August 2</td>
<td>Great Paraklesis</td>
</tr>
<tr>
<td>Thursday</td>
<td>August 3</td>
<td>Small Paraklesis</td>
</tr>
<tr>
<td>Friday</td>
<td>August 4</td>
<td>Great Paraklesis</td>
</tr>
<tr>
<td>Sunday</td>
<td>August 6</td>
<td>Transfiguration of the Lord</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orthros &amp; Divine Liturgy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adult Catechesis</td>
</tr>
<tr>
<td>Monday</td>
<td>August 7</td>
<td>Small Paraklesis</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>8th Sunday of Matthew</th>
<th>July 30th</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ἀντίφωνα</strong></td>
<td><strong>Antiphons</strong></td>
</tr>
<tr>
<td><strong>Ἀντίφωνον Α’</strong> <em>(Ταῖς πρεσβείαις τῆς Θεοτόκου, Σώτερ, σώσον ἡμᾶς).</em></td>
<td><strong>Antiphon 1.</strong> <em>(By the prayers of the Theotokos, Savior, save us).</em></td>
</tr>
<tr>
<td>Στίχ. α’. Εὐλογεί, ἡ ψυχή μου, τὸν Κύριον, καὶ πάντα τὰ ἐντὸς μου τὸ ὄνομα τὸ ἅγιον αὐτοῦ.</td>
<td>Vs. 1: Bless the Lord, O my soul, and everything within me, bless His holy name.</td>
</tr>
<tr>
<td>Στίχ. β’. Εὐλογεί, ἡ ψυχή μου, τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.</td>
<td>Vs. 2: Bless the Lord, O my soul, and forget not all His rewards.</td>
</tr>
<tr>
<td>Στίχ. γ’. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ πάντων δεσπόζει.</td>
<td>Vs. 3: He Lord prepared His throne in heaven, and His Kingdom rules over all.</td>
</tr>
<tr>
<td>Δόξα...Καὶ νῦν...Ταῖς πρεσβείαις...</td>
<td>Glory...Both now...By the intercessions...</td>
</tr>
</tbody>
</table>

| **Ἀντίφωνον β’.** *(Σώσον 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’. Αἴνει, ἡ ψυχή 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 ὁ Θεὸς Ἰακὼβ βοηθὸς αὐτοῦ, ἡ ἐλπὶς 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 γενεάν καὶ γενεάν. | Vs. 3: The Lord shall reign forever; your God, O Zion, to all generations. |
| Δόξα Πατρὶ...Καὶ νῦν...Ο Μονογενής Υἱός... | Glory...Both now...Only Begotten Son... |

**Ἀντίφωνον γ’. ** *Ἦχος βαρύς.*

| Στίχ. Αὕτη ἡ ἡμέρα, ἣν ἔποιησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ. | Vs. This is the day the Lord made; let us greatly rejoice and be glad therein. |


Στίχ. Αὕτη ἡ ἡμέρα, ἣν ἔποιησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.
Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἤνέῳξας τῷ λῃστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέξων 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
Ἀπολυτίκιον. Ἦχος βαρύς.
Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἤνέῳξας τῷ λῃστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέξων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ. Ἦχος γ’.
Μέγαν εὕρατο ἐν τοῖς κινδύνοις, σὲ ὑπερμαχον ἡ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου κάθειλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Κοντάκιον. Ἦχος βαρύς.
Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου τὴν δόξαν σου, Χριστὲ ὁ Θεὸς ἐθεάσαντο, ἵνα ὅταν σε ἰδωσι σταυροῦμενον, τὸ μὲν πάθος νοῆσωσιν ἐκοῦσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ύπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

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
Resurrectional. Grave Mode.
You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

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. Grave Mode.
Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.
Epistle Reading
The Lord will give strength to His people; the Lord will bless His people with peace.
Vs.: Bring to the Lord, O you sons of God, bring to the Lord glory and honor.

The reading is from Paul's First Letter to the Corinthians. (1:10-17)
Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

Vs. 1: It is good to give thanks to the Lord and to sing to Your name, O Most High.
Στίχ. β’. Τοῦ ἀναγγέλλειν τῷ πρωΐ τὸ ἔλεος σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.
Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Ανάγνωσμα τοῦ Εὐαγγελίου
Έκ τοῦ κατά Ματθαίον (14:14-22)
Τῷ καιρῷ ἐκείνῳ, εἶδεν ὁ Ἰησοῦς πολὺν ὄχλον, καὶ ἐσπλαγχνίσθη ἐπ' αὐτοῖς καὶ ἐθεράπευσε τούς ἀῤῥώστους αὐτῶν. ὡς δὲ γενομένης προσήλθον αὐτῷ οἱ μαθηταὶ αὐτοῦ λέγοντες· Ἡρμῆς ἐστιν ὁ τόπος καὶ ἡ ὥρα ἤδη παρῆλθεν· ἀπόλυσον τοὺς ὄχλους, ἵνα ἀπελθῶσιν εἰς τὰς κώμας ἀγοράσωσιν ἑαυτοῖς βρώματα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Οὐ χρείαν ἔχουσιν ἀπελθεῖν· δότε αὐτοῖς φαγεῖν. οἱ δὲ λέγουσιν αὐτῷ· Οὐκ ἔχομεν ὧδε εἰ μὴ πέντε ἄρτους καὶ δύο ἰχθύας. ὁ δὲ εἶπε· Φέρετέ μοι ἄρτους ὧδε. καὶ κελεύσας τοὺς ὄχλους ἀνακλιθῆναι ἐπὶ τοὺς χόρτους, λαβὼν τοὺς πέντε ἄρτους καὶ τοὺς δύο ἰχθύας, ἀναβλέψας εἰς τὸν οὐρανὸν εὐλόγησε, καὶ κλάσας ἔδωκε τοῖς μαθηταῖς τοὺς ἄρτους, καὶ τοῖς ὄχλοις. καὶ ἔφαγον πάντες καὶ ἐχορτάσθησαν, καὶ ἦραν τὸ περισσεῦον τῶν κλασμάτων δώδεκα κοφίνους πλήρεις. οἱ δὲ ἐσθίοντες ἦσαν ἄνδρες ὡσεὶ πεντακισχίλιοι χωρὶς γυναικῶν καὶ παιδίων. Καὶ εὐθέως ἤναγκασεν ὁ Ἰησοῦς τοὺς μαθητὰς αὐτοῦ ἐμβῆναι εἰς τὸ πλοῖον καὶ προάγειν αὐτῶν εἰς τὸ πέραν, ἐως ὅτι ἀπολύσῃ τοὺς ὄχλους.

Gs. 2: To proclaim Your mercy in the morning and Your truth at night.

Gospel Reading
According to Matthew (14:14-22)
At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.
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 ἐπὶ τῆς γῆς. 
Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον
dός ἡμῖν σήμρον
καὶ ἄφες ἡμῖν τά ὀφειλήματα ἡμῶν,
ὡς καὶ ήμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν
καὶ μή εἰσενέγκης ἡμᾶς εἰς πειρασμόν,
ἀλλὰ ῥῦσαι ἡμᾶς ἀπό τοῦ πονηροῦ.

Arabic
أَبَاهُنَا الَّذِي فِي السَّمَاوَاتِ، لِتَقْدِسْ نَامُكَ،
لِيَأْتِنَاسْ عَلَى الْأَرْضِ، خُبْزَنَا
الْجُوْهْرِيَّ أَطْنَا الْيَوْمَ، وَاتْرُكْنَا
لَنَّا عَلَيْهِ، وَلاَ تَضْرِبْنَا فِي تَجْرِبَةٍ، لَكِنْ نَجْنَا مِنْ

Romanian
Tatăl nostru care ești în ceruri,
sfințească-se numele Tău,
vie împărăția Ta, facă-se voia ta,
precum în cer așa și pe pământ.
Pâinea noastră cea de toate zilele,
dă-ne-o nouă astăzi
și ne iartă nouă greșelile noastre
precum și noi iertăm greșitilor noștri
și nu ne duce pe noi în șpitați
și ne măntuiește de cel viclean.

Greek (English phonetics)
Páter imón / o en tis ouranís,
agiasthíto to ónomá Sou;
elthéto I Vasilía Sou;
genithíto to thélímá Sou,
os en ouranó ke epi tis ghis.
Ton árton imón ton epioúsion
dos mín símeron;
ke áfes imín ta ofelímata imón
os ke imís afiemen tis ofíletes 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,
wala la tudkhilna fi tajriba,
lakin naj-jina minash-shireer.

Romanian (English phonetics)
Tatel nostru carele eshti în cheruri,
Sfintzeasce-se numele Tceu,
vie imperețzia Ta, face-se voia ta,
precum in cher, asha shi pe pêmïnt.
Piinea noastra chea de toate zilele,
de-ne-o noua astézi
Shi ne iarté noue greshalele noastre
precum shi noi iertem greshitzilor noshtri
Shi nu ne duche pe noi in ispite
chi ne mintuyeshte de chel viclean.
Wisdom of the Fathers
"And another thing too we learn, the self-restraint of the disciples which they practised in necessary things, and how little they accounted of food." - St. John Chrysostom

Saints and Feasts

July 30 - Silas, Silvan, Crescens, Epenetus and Andronicus the Apostles of the 70
Saint Silas was a companion and fellow labourer of the Apostle Paul: "And Paul chose Silas and departed...and he went through Syria and Cilicia, confirming the churches" (Acts 15:40-41). He later became Bishop of Corinth, and reposed in peace. Saint Silvanos became Bishop of Thessalonica, and also reposed in peace. Saint Crescents, whom Saint Paul mentions in his Second Epistle to Timothy(4:10), became Bishop of Chalcedon, and brought many to the Faith. As for him whom the Apostle of the Nations praises as "my well-beloved Epenetus, the first-fruits of Achaia unto Christ" (Roman 16:5), he became Bishop of Carthage, and after enduring many afflictions from the idolators, and bringing many of them to Christ, he departed to the Lord.

July 31 - Joseph the Righteous of Arimathea
Saint Joseph of Arimathea was a prominent Jewish leader during the time of Jesus Christ. He is mentioned in the Gospels as being a rich man from Arimathea who was a secret disciple of Christ due to his status in the Sanhedrin. After the crucifixion and death of our Lord, Joseph approached Pontius Pilate out of piety and asked for the body of Jesus so that he might bury it honorably. He, together with Saint Nicodemus, removed the body of Christ from the cross in the presence of the Theotokos and the Myrrh-Bearing Women, wrapped it in a linen shroud, anointed it with spices, and laid it in a new tomb that he owned. This disciple later traveled the world proclaiming the Gospel until he reposed in peace in England. The Church commemorates him individually on July 31st and along with the Myrrh-Bearing Women and Nicodemus on the 3rd Sunday of Pascha (the Sunday of the Holy Myrrh-Bearers).

August 01 - The Holy Seven Maccabees, Eleazar the Martyr
The names of the Holy Maccabees are Abim, Anthony, Guria, Eleazar, Eusebona, Achim, and Marcellus. They were Jews by race and exact keepers of the Laws of the Fathers. They lived during the reign of Antiochus, who was surnamed Epiphanes ("Illustrious"), the King of Syria and an implacable enemy of the Jews. Having subjugated their whole nation and done many evil things to them, not sparing to assail the most sacred matters of their Faith, he constrained them, among other things, to partake of swine's flesh, which was forbidden by the Law. Then these pious youths, on being apprehended together with their
mother and their teacher, were constrained to set at nought the Law, and were subjected to unspeakable tortures: wrackings, the breaking of their bones, the flaying of their flesh, fire, dismemberment, and such things as only a tyrant’s mind and a bestial soul is able to contrive. But when they had endured all things courageously and showed in deed that the mind is sovereign over the passions and is able to conquer them if it so desires, they gloriously ended their lives in torments, surrendering their life for the sake of the observance of the divine Law. The first to die was their teacher Eleazar, then all the brethren in the order of their age. As for their wondrous mother Solomone, "filled with a courageous spirit, and stirring up her womanish thoughts with a manly wrath" (II Macc. 7:21), she was present at her children’s triumph over the tyrant, strengthening them in their struggle for the sake of their Faith, and enduring stout-heartedly their sufferings for the sake of their hope in the Lord. After her last and youngest son had been perfected in martyrdom, when she was about to be seized to be put to death, she cast herself into the fire that they might not touch her, and was thus deemed worthy of a blessed end together with her sons, in the year 168 before Christ.

August 02 - Phocas the Martyr

Saint Phocas was a gardener in a small village on the south coast of the Black Sea. He lived a simple life, carrying out acts of piety and love for all around him, even serving the pagans of the village, some of who left their ways and followed Christ. The local governor heard of this and sent soldiers to kill him. The saint stumbled upon these very soldiers and, without disclosing his name, ministered to them by receiving them into his home, feeding them, and giving them rest. That night he dug a grave for himself in his garden and prepared for all his possessions to be given away after his death.

The next morning, Phocas disclosed to the soldiers that it was he whom they were seeking to kill. The soldiers were distraught, not wanting to kill the saint who had shown them so much kindness. Phocas insisted that they must carry out their mission as he willingly laid his head beneath the sword. They proceeded to execute him and then bury him in the grave he dug in his garden. The site later became a source of miracles, and eventually a Church was erected upon it. Saint Phocas is frequently invoked for those who travel by sea. His life was recorded by Saint Asterius of Amasia.

August 04 - Seven Holy Youths of Ephesus

The Seven Youths hid themselves in a certain cave near Ephesus in the year 250, to escape the persecution of Decius. By divine grace, a sleep came upon them and they slept for 184 years, until the reign of Saint Theodosius the Younger, when the doctrine of the resurrection was being assailed by heretics. They then awoke, that is, were resurrected, confirming in the sight of all the bodily resurrection; and again after a short time, by divine command, they reposed in the Lord in the year 434.
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.*
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>8th Sunday of Matthew</td>
<td>Aug 1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Julitta of Caesaria</td>
<td>Elesa the Righteous-Marty of Kythira</td>
<td>Theodore of Dard</td>
</tr>
<tr>
<td></td>
<td>I Corinthians 1:10-17</td>
<td>Matthew 10:16-22</td>
<td>Acts 6:8-15; 7:1-</td>
</tr>
<tr>
<td></td>
<td>Matthew 14:14-22</td>
<td></td>
<td>5, 47:23</td>
</tr>
<tr>
<td></td>
<td>Orthros (8:30 am)</td>
<td></td>
<td>Mark 12:1-12</td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td>Small Paraklesis (6:00 pm)</td>
<td>Great Paraklesis</td>
</tr>
<tr>
<td>6</td>
<td>Transfiguration of the Lord</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>II Peter 1:10-19</td>
<td></td>
<td>Constantine, Pat.</td>
</tr>
<tr>
<td></td>
<td>Matthew 17:1-9</td>
<td></td>
<td>of Matthias, Apo</td>
</tr>
<tr>
<td></td>
<td>Orthros (8:30 am)</td>
<td></td>
<td>stles, Acts 1:12-</td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td></td>
<td>21-26</td>
</tr>
<tr>
<td>13</td>
<td>10th Sunday of Matthew</td>
<td></td>
<td>Matthew 21:28-32</td>
</tr>
<tr>
<td></td>
<td>Maximus the Confessor</td>
<td></td>
<td>Small Paraklesis</td>
</tr>
<tr>
<td></td>
<td>Dorotheus, Abba of Gaza</td>
<td></td>
<td>(6:00 pm)</td>
</tr>
<tr>
<td></td>
<td>I Corinthians 4:9-16</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Matthew 17:14-23</td>
<td></td>
<td>Holy Monk Pente</td>
</tr>
<tr>
<td></td>
<td>Orthros (8:30 am)</td>
<td></td>
<td>Timothy of Eurip</td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td></td>
<td>Monastery of P</td>
</tr>
<tr>
<td>20</td>
<td>11th Sunday of Matthew</td>
<td></td>
<td>I Timothy 3:13-16</td>
</tr>
<tr>
<td></td>
<td>Stephen, First King of Hungary</td>
<td></td>
<td>4; Luke 9:51-57,</td>
</tr>
<tr>
<td></td>
<td>Samuel the Prophet</td>
<td></td>
<td>10:22-32</td>
</tr>
<tr>
<td></td>
<td>I Corinthians 9:2-12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Matthew 18:23-35</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orthros (8:30 am)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>40-day Memorial for Betty Stamas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>12th Sunday of Matthew</td>
<td></td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>Phanourios the Great Martyr</td>
<td></td>
<td>Luppus the Marty</td>
</tr>
<tr>
<td></td>
<td>Anthousa the Martyr</td>
<td></td>
<td>Demetrios of Ther</td>
</tr>
<tr>
<td></td>
<td>Ephesians 6:10-17</td>
<td></td>
<td>Lupsus the Marty</td>
</tr>
<tr>
<td></td>
<td>Matthew 19:16-26</td>
<td></td>
<td>Philippians 2:5-1</td>
</tr>
<tr>
<td></td>
<td>Orthros (8:30 am)</td>
<td></td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy (10:00 am)</td>
<td></td>
<td>Luke 10:38-42, 1</td>
</tr>
<tr>
<td></td>
<td>Adult Catechesis</td>
<td></td>
<td>11:27-28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Shaded days denote a fast day.  
- denotes a Liturgy  
- Great Vespers/Compline  
- Akathist/Paraklesis  
- Presanctified
<table>
<thead>
<tr>
<th></th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Salome the Holy Myrrhbearer</td>
<td>I Corinthians 14:26-40</td>
<td>Eusyngnius the Martyr of Antioch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Matthew 20:17-28</td>
<td>Great Paraklesis (6:00 pm)</td>
<td>Matthew 15:32-39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Small Paraklesis (6:00 pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hippolytus the Martyr of Rome</td>
<td>Miracle in Corfu against the</td>
<td>Photosios &amp; Aniketos the Martyrs of</td>
</tr>
<tr>
<td></td>
<td></td>
<td>II Corinthians 1:1-7</td>
<td>Turkish invasion of 1716</td>
<td>Nicomedia</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Matthew 21:43-46</td>
<td>II Corinthians 1:12-20</td>
<td>Romans 15:30-33</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Great Paraklesis (6:00 pm)</td>
<td>Matthew 22:23-33</td>
<td>Matthew 17:24-27; 18:1-4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Small Paraklesis (6:00 pm)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men's Fellowship (8:00 pm)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Martyr of Samaria</td>
<td>Hermos the Martyr</td>
<td>and Thecla</td>
</tr>
<tr>
<td></td>
<td></td>
<td>II Corinthians 1:1-7</td>
<td>Romans 16:1-16</td>
<td>Theophanes the New</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Matthew 24:13-28</td>
<td>Matthew 24:27-33</td>
<td>Wonderworker of Macedonia</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Small Paraklesis (6:00 pm) (St. Demetrios)</td>
<td>Hebrews 2:2-10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Matthew 19:3-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apostles of Aetolia</td>
<td>Ebba, First Abbess of Coldingham</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark 1:29-35</td>
<td>Matthew 5:14-19</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Small Paraklesis (6:00 pm) (Theotokos)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men's Fellowship (8:00 pm)</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>31. Aidan, Bishop of Lindisfarne</td>
<td>32. Sept. 1</td>
<td>2. Cosmas the Hermit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cyprian the Hieromartyr &amp; Bishop of Carthage</td>
<td>Symeone the Stylite</td>
<td>Paul, Patriarch of Constantinople</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hebrews 9:1-7</td>
<td>Synaxis of the Recovery of the Icon</td>
<td>Romans 8:28-39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Small Paraklesis (6:00 pm) (St. Demetrios)</td>
<td>I Timothy 2:1-10</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Luke 4:16-22</td>
<td></td>
</tr>
</tbody>
</table>

**Liturgy Notes:**
- Fish/oil/wine allowed
- Wine/oil allowed
- Cheese/dairy allowed
ST. DEMETRIOS GREEK ORTHODOX CHURCH
Stewardship Card - 2023

GIVING THANKS:
EUCARISTIC 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: __________

<table>
<thead>
<tr>
<th>Individual or Family</th>
<th>Spouse (if applicable)</th>
<th>Children (if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td></td>
<td>Names</td>
</tr>
<tr>
<td>Home Tel:</td>
<td></td>
<td>Age:______</td>
</tr>
<tr>
<td>Mobile Tel:</td>
<td></td>
<td>Age:______</td>
</tr>
<tr>
<td>Work Tel:</td>
<td></td>
<td>Age:______</td>
</tr>
<tr>
<td>Email:</td>
<td></td>
<td>Age:______</td>
</tr>
<tr>
<td>Occupation:</td>
<td></td>
<td>(Last, current)</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>ADMINISTRATION</th>
<th>COMMUNICATIONS</th>
<th>EDUCATION</th>
<th>MINISTRIES</th>
<th>YOUTH</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Audit Committee</td>
<td>__ New Projects</td>
<td>__ Adult Education</td>
<td>__ Welcome Team</td>
<td>__ Church School Teacher</td>
<td>__</td>
</tr>
<tr>
<td>__ Finance Committee</td>
<td>__ Public Relations</td>
<td>__ Intro to Orthodoxy</td>
<td>__ Outreach</td>
<td>__ Church School Administration</td>
<td>__</td>
</tr>
<tr>
<td>__ By-Laws Committee</td>
<td>__ Bulletin / Newsletter</td>
<td>__ Guest Speakers</td>
<td>__ Stewardship</td>
<td>__ GOYA Advisor</td>
<td>__</td>
</tr>
<tr>
<td>__ Office Help</td>
<td>__ Website / Email</td>
<td>__ Bookstore / Library</td>
<td>__ Sunday Fellowship / Coffee</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Computer / Technical</td>
<td></td>
<td>__ LITURGICAL</td>
<td>__ Visitations (Hospital / Shut-ins)</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Archives</td>
<td></td>
<td>__ Repairs</td>
<td>__ Prison Ministry</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Hall Rentals</td>
<td></td>
<td>__ New Projects</td>
<td>__ Christmas Food Baskets</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Beautification Ministry</td>
<td></td>
<td>__ Communications</td>
<td>__ Feeding the Hungry</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Endowment Fund</td>
<td></td>
<td>__ Lighting</td>
<td>__</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>__ Election Committee</td>
<td></td>
<td>__ Miscellaneous</td>
<td>__</td>
<td>__</td>
<td>__</td>
</tr>
</tbody>
</table>

I/we would like to receive notifications from St. Demetrios by: ___ email ___ paper mail
You can also submit your stewardship card and your contributions online at www.stdemetrios.mi.goarch.org/stewardship

CONFIDENTIAL: For Authorized Parish Personnel Only
Our 2023 goal is **$225,000.00**. As of **July 23**, 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
- Stewards pledged: 118

### Offerings Received: $142,330.48
- Pledges Unfulfilled: $66,347.27
- Largest pledge: $20,000.00
- Median pledge: $2,000.00

### List of Stewards
- **Cook, Fr. Timothy & Pres. Catherine**
- **Bistolarides, Fr. Peter & Pres. Peggy**
- **Ahejew Sr., Petro & Sandra**
- **Ahejew, Augusta**
- **Ahejew, Debra**
- **Ahejew, Petro**
- **Alexandris, Tom & Athena**
- **Anagnost, Christ & Olga**
- **Andros, George**
- **Andros, John & Kathi**
- **Anger, Alexi**
- **Ball, Quest**
- **Barris, Thomas & Angela**
- **Bazakis, Andrew & Annie**
- **Bazakis, Anna-Marie**
- **Bazakis, Marisa**
- **Bernhart, Johnathan**
- **Bernhart, Sophia**
- **Billingsley, Joan**
- **Blebea, John & Judy**
- **Bloom, Jeremy & Taylor**
- **Bone, Kevin & Bessie**
- **Bristley, Mark & Anastasia**
- **Brown, Tula**
- **Bujouves, Perry**
- **Caris, Georgia**
- **Chen, Henry & Betts - Chen, Ranya**
- **Clifford, Shawn & Vicky**
- **Constantinou, Constantinos & Mimi**
- **DeLong, Bill & Vonnie**
- **Derleth, Michael & Nancy**
- **Driver, Eleanor**
- **Driver, Michele**
- **Duke, Sandy & Brady**
- **Economou, Loukia**
- **Economou, Soula**
- **Economous, Austin**
- **Economous, Gabriella & Eddie**
- **Ellis, Dorothy**
- **Erfourth, Stavroula & Michael**
- **Evans, Bill & Alexia**
- **Ferris, Corey & Andrea**
- **Gavalas, Kitty**
- **Gilpilh, Leigh & Baroody, Rikat**
- **Gowenlock, Kimberly & Quincy**
- **Gustafson, Betty**
- **Hall, Ashley & Trent**
- **Hauffe, Kurt & Lana**
- **Holland, Andrew & Amanda**
- **Houpis, Evan & Alexia**
- **Howard, Bambi & Kyle**
- **Hubbell, Ivan**
- **Hubbell, Linda & Doug**
- **Ioannidis, Matina**
- **Kalivas, Risty & Karen**
- **Kallos, George & Alexandra**
- **Karris, Mersina**
- **Katsiouras, Katerina & Athanasios**
- **Kelso, Ron & Connie**
- **Kennedy, Anna**
- **Khoury, Sameer & Areen**
- **Kimmerly, Elaine**
- **Kokas, Mary**
- **Kokas, Thomas & Anastasia**
- **Koutras, Anthony & Rula**
- **Koutras, Gus & Mary**
- **Kurtz, Thomas & Athena**
- **Legakis, Nick & Lena**
- **Legner, Mark & Koula**
- **Majoros, Themie**
- **Mel, Stephanie & Andrew**
- **Mendyk, Dan & Tena**
- **Metropoulos, Katherine**
- **Morris, Adam Sr. & Eleni**
- **Nag, Jesse**
- **Nemode, Tom & Peggy**
- **Nichols, David & Elan**
- **Ostler, Dennis & Soula**
- **Paron, Jamey**
- **Paron, Marge**
- **Paron, Nicholas & Julie**
- **Patishock, Tim**
- **Porchia, Eliana**
- **Porchia, Joni & Jose**
- **Porchia, Leonardo**
- **Povitch, Douglas & Leta**
- **Povitch, Julia**
- **Psetas, Chris & Michelle**
- **Psetas, Christ & Yiota**
- **Rapanos, Elaine**
- **Rapanos, Jason & Iryna**
- **Rodriguez, Megan & Matt**
- **Rouman, Fran**
- **Sahouri, Majed & Rheame**
- **Siradakis, Efthimios & Beverly**
- **Skoutelas, Andreas & Paraskevi**
- **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, Basil**
- **Ulmer, Dr. George & Virginia**
- **Veremis, Kanela**
- **Veremis, Theodore & Georgia**
- **Veremis, Thomas & Irene**
- **Warner, James & Alina**
- **Wischweh, Susan**
- **Zacharko, Kathleen & James**
- **Zubulake, George & Gladys**
- **Zubulake, Jim & Esmini**
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,

+NIKOLAOS
Metropolitan of Detroit

MORE INFO AT:
WWW.DETROIT.GOARCH.ORG/FRIENDS

<table>
<thead>
<tr>
<th>General Support</th>
<th>Clergy/Parish Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully fund the general expenses of the Metropolis office, including programs and travels.</td>
<td>Develop and provide instructional seminars and services for clergy and parishes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outreach/Missions</th>
<th>Youth Ministries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create opportunities to introduce our faith to society. Participate in inter-Christian and interfaith activities. Provide quick responses to national and international disasters.</td>
<td>Support the youth &amp; young adult ministries, including our summer camps, as well as the activities of a full-time Metropolis Director of Youth and Young Adult Ministries.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Leadership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhance various scholarship opportunities, adult education programs, and support Metropolis students at Hellenic College/Holy Cross.</td>
<td>Organize Clergy-Laity Conferences, Oratorical Festivals, Youth Worker and Religious Education Training, and Adult Education Seminars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hellenism</th>
<th>Special Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop programs for Hellenic Cultural Outreach, including language, history, and arts.</td>
<td>Continued website development, hospitality to visiting dignitaries, charity and philanthropy.</td>
</tr>
</tbody>
</table>

**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
Session 16 ~ "Bringing the Jesus Prayer to the Parish"

Wednesday, August 2, 2023

7:00 PM ET / 6:00 PM CT

Join us in 2023 to continue learning what Orthodox Christianity really has to offer to us and the world!

with Fr. David Smith

Metropolis of Detroit

Transformative Christianity Webinar Series
The Priest's Discretionary Fund at St. Demetrios is our rapid-response tool for responding to cases of urgent need. At the discretion of the priest, we help people who need help with rent, utility bills, groceries, medical bills, fuel, car repairs, etc. The funds are distributed by the treasurer at the direction of the priest (all personal information is kept confidential, of course). The Fund is maintained by private donations, primarily from members and organizations of our parish. For safety reasons, funds are only disbursed directly to utilities / vendors, and we do not ever give out cash. All disbursements are documented and reviewed by the treasurer.

In the last eight years alone, we have distributed more than $63,000 in response to some 274 requests for help. There is always more need than we can respond to, so please help us maintain this vital ministry by supporting the Discretionary Fund today! You can donate at the Church or online through our website - stdemetriosmi.org.
Due to changes in His Eminence's health, he is no longer able to consecrate St. Demetrios in October of 2023 as we had originally planned. We are, therefore, rescheduling the consecration for the feast of St. Demetrios - October 26th - 2024. Even though this means postponing this joyous event, this also means that we will have the opportunity to consecrate our parish on our patronal feast, which is also the anniversary of the founding of this parish, which only seems fitting.

The only change this makes to our preparations is that we have some additional time to accomplish the tasks we have set for ourselves to prepare and beautify our church for this momentous occasion in the history of our community. If you would like more information about those efforts, or if you would like to volunteer to help, please speak to Fr. Timothy or Dr. Judy Blebea. Please continue to pray for our parish and the consecration committee.

Most especially, please keep His Eminence, Metropolitan Nicholas in your prayers, may God grant him many years!
<table>
<thead>
<tr>
<th>Design</th>
<th>Adult Sizes</th>
<th>Youth Sizes</th>
<th>Price Options</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>S M L XL XX</td>
<td>XS S M L S M L</td>
<td></td>
</tr>
<tr>
<td>Design 1</td>
<td>$35.00</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>Design 2</td>
<td>$35.00</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>Design 3</td>
<td>$35.00</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

**TOTAL**

Name: [Name]

Email: [Email]

Phone #: [Phone Number]

Address: St. Demetrios Church

Greek Orthodox Church

Made by: Sport-Tek.com

Please fill out this form and send orders to the Church address attention.

Address: St. Demetrios Church, [Address]

You can also email orders to the Church email: [Email].
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 prosphora! 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).

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. Thank you to everyone who has responded to replenish the fund, but it is still very low. If you would like to participate in this important ministry, you can donate to the fund by cash, check, or online with a card or bank transfer. If you have any questions about the Fund, please speak to Fr. Timothy or a parish council member.

ADULT CATECHESIS: "Catechesis" (learning) is the learning about and training in the Orthodox Faith that we undergo as part of the process of joining the Church, but it also refers to any learning or training that we do after Baptism. Sunday School, for example, is also Catechesis, as is any Bible Study or Adult Ed class that we do. The Adult Catechesis that we do every Sunday is for enquirerers and catechumens who are preparing to enter the Orthodox Church by baptism or chrismation, but it is open to all. We meet after Liturgy in the Church library - join us!

TODAY’S GREETERS
Andrea Ferris & Corey Ferris

Prospora

07/30: Sophia Bernhart
08/06: Annie Bazakis

08/13: Bambi Howard
08/20: *OPEN*

Coffee Hour

Today: Sophia Bernhart
08/06: Howard Family

08/13: *OPEN*
08/20: Kathy Metropoulos
## Dormition Fast Service Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
<th>Date</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, August 1st</strong></td>
<td>Small Paraklesis: 6:00 pm</td>
<td><strong>Wednesday, August 9th</strong></td>
<td>Small Paraklesis: 6:00 pm</td>
</tr>
<tr>
<td><strong>Wednesday, August 2nd</strong></td>
<td>Great Paraklesis: 6:00 pm</td>
<td><strong>Thursday, August 10th</strong></td>
<td>Great Paraklesis: 6:00 pm</td>
</tr>
<tr>
<td><strong>Thursday, August 3rd</strong></td>
<td>Small Paraklesis: 6:00 pm</td>
<td><strong>Friday, August 11th</strong></td>
<td>Small Paraklesis: 6:00 pm</td>
</tr>
<tr>
<td><strong>Friday, August 4th</strong></td>
<td>Great Paraklesis: 6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sunday, August 6th</strong></td>
<td>Holy Transfiguration</td>
<td><strong>Sunday, August 13th</strong></td>
<td>Orthros: 8:30 am</td>
</tr>
<tr>
<td></td>
<td>Orthros: 8:30 am</td>
<td></td>
<td>Divine Liturgy: 10:00 am</td>
</tr>
<tr>
<td></td>
<td>Divine Liturgy: 10:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday, August 7th</strong></td>
<td>Small Paraklesis: 6:00 pm</td>
<td><strong>Monday, August 14th</strong></td>
<td>Festal Vespers @ Assumption</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>in Grand Blanc: 6:00 pm</td>
</tr>
<tr>
<td><strong>Tuesday, August 8th</strong></td>
<td>Great Paraklesis: 6:00 pm</td>
<td><strong>Tuesday, August 15th</strong></td>
<td>Dormition of the Theotokos</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Orthros: 9:00 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Divine Liturgy: 10:00 am</td>
</tr>
</tbody>
</table>

Throughout Dormition, we pray for the living by name during all the Paraklesis services. You can submit names for commemoration using the online form, or by phone, email or by regular mail throughout the Fast.